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An integrative approach in Myofascial Pain Syndrome (MPS) management

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Myofascial Pain Syndrome (MPS) is the most common clinical conditions present in adult age group around the world. Since Muscle is considered as an orphan organ & there is no myofascial Specialist, the myofascial complaints are generally ignored. Myofascial Pain or Myofascial Pain Syndrome (MPS) is characterized by the presence of myofascial trigger points in skeletal muscle & its various manifestations in the body. Presence of myofascial trigger points can produce local pain, referred pain, extra muscular manifestations and even remote systemic complaints. MTrP leads to Sensory, Motor & Autonomic symptoms. Local Pain, Referred Pain, Neurologic & Vascular, Physical Dysfunction & Autonomic Disturbances are seen.

Treatments in relieving MTrP are

1. Oral Homeopathic Medication
2. Manual therapy
3. Ayurvedic Massage & Oral medication
4. Dry needling. An integrative approach is found highly useful in curing and preventing the recurrence of MTrP.

Biography

Sinsen Joseph is the first invited Homeopathic Specialist to present at Cleveland Clinic, USA on TCAM/AYUSH model of fertility care. He is a PhD scholar (doing research on "Efficacy of Homeopathy in ART/IVF failed cases") in Homeopathy with 20 years of International Clinical experience. He has practiced in Canada, Oman, Dubai & India. He is currently the Medical Director of Lakeshore Medical Centre, which is a multi speciality clinic with International standard & located in the heart of Dubai.

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