

International Conference and Exhibition on
Pain Medicine

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Muscle pain syndrome: Evaluation and treatment

Martin Grabois

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This presentation will focus on two muscle pain syndromes, myofascial pain and fibromyalgia. It will focus on the etiology which is still in debate and the evaluation necessary to make the diagnosis. Both syndromes will be discussed from the point of view what these have in common and how they are dissimilar. The new ARA classification of fibromyalgia will be discussed. A significant amount of time will be spent on the evaluation of both history and physical exam which is necessary to make the diagnosis. Treatment will be presented that covers pharmaceutical, physical therapy, and psychological intervention necessary to manage these two syndromes. Emphasis will be placed on pain reduction and physical restoration. The presentation will conclude with a discussion on outcomes that can be expected.

Biography

Martin Grabois is the 28th President of American Academy of Pain Medicine. He is a physiatrist in Houston, Texas and is affiliated with multiple hospitals in the area, including Houston Methodist Hospital and Michael E. DeBakey Veterans Affairs Medical Center. He received his medical degree from Temple University School of Medicine and has been in practice for 48 years.

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