

## Referanser til E07 – Triggerpunkter: årsak eller symptom?

### Forskningsartikler

#### Teoretisk grunnlag og reliabilitet

Barbero M, Schneebeli A, Koetsier E, et al. Myofascial pain syndrome and trigger points: evaluation and treatment in patients with musculoskeletal pain. *Curr Opin Support Palliat Care* 2019; 13: 270-276. DOI: <https://doi.org/10.1097/spc.0000000000000445>.

Fernández-de-las-Peñas C, Alonso-Blanco C and Miangolarra JC. Myofascial trigger points in subjects presenting with mechanical neck pain: a blinded, controlled study. *Man Ther* 2007; 12: 29-33. DOI: <https://doi.org/10.1016/j.math.2006.02.002>.

Fernández-de-Las-Peñas C and Dommerholt J. International Consensus on Diagnostic Criteria and Clinical Considerations of Myofascial Trigger Points: A Delphi Study. *Pain Med* 2018; 19: 142-150. DOI: <https://doi.org/10.1093/pm/pnx207>.

Gerwin RD, Dommerholt J and Shah JP. An expansion of Simons' integrated hypothesis of trigger point formation. *Curr Pain Headache Rep* 2004; 8: 468-475. DOI: <https://doi.org/10.1007/s11916-004-0069-x>.

Mayoral Del Moral O, Torres Lacomba M, Russell IJ, et al. Validity and Reliability of Clinical Examination in the Diagnosis of Myofascial Pain Syndrome and Myofascial Trigger Points in Upper Quarter Muscles. *Pain Med* 2018; 19: 2039-2050. DOI: <https://doi.org/10.1093/pm/pnx315>.

Myburgh C, Larsen AH and Hartvigsen J. A systematic, critical review of manual palpation for identifying myofascial trigger points: evidence and clinical significance. *Arch Phys Med Rehabil* 2008; 89: 1169-1176. DOI: <https://doi.org/10.1016/j.apmr.2007.12.033>.

Perreault T, Dunning J and Butts R. The local twitch response during trigger point dry needling: Is it necessary for successful outcomes? *J Bodyw Mov Ther* 2017; 21: 940-947. 20170307. DOI: <https://doi.org/10.1016/j.jbmt.2017.03.008>.

Phan V, Shah J, Tandon H, et al. Myofascial Pain Syndrome: A Narrative Review Identifying Inconsistencies in Nomenclature. *Pm r* 2020; 12: 916-925. 20200114. DOI: <https://doi.org/10.1002/pmrj.12290>.

Rathbone ATL, Grosman-Rimon L and Kumbhare DA. Interrater Agreement of Manual Palpation for Identification of Myofascial Trigger Points: A Systematic Review and Meta-Analysis. *Clin J Pain* 2017; 33: 715-729. DOI: <https://doi.org/10.1097/ajp.0000000000000459>.

Rozenfeld E, Finestone AS, Moran U, et al. Test-retest reliability of myofascial trigger point detection in hip and thigh areas. *J Bodyw Mov Ther* 2017; 21: 914-919. 20170329. DOI: <https://doi.org/10.1016/j.jbmt.2017.03.023>.

Shah JP, Danoff JV, Desai MJ, et al. Biochemicals associated with pain and inflammation are elevated in sites near to and remote from active myofascial trigger points. *Arch Phys Med Rehabil* 2008; 89: 16-23. DOI: <https://doi.org/10.1016/j.apmr.2007.10.018>.

Shah JP, Phillips TM, Danoff JV, et al. An in vivo microanalytical technique for measuring the local biochemical milieu of human skeletal muscle. *J Appl Physiol (1985)* 2005; 99: 1977-1984. 20050721. DOI: <https://doi.org/10.1152/jappphysiol.00419.2005>.

Shah JP, Thaker N, Heimur J, et al. Myofascial Trigger Points Then and Now: A Historical and Scientific Perspective. *Pm r* 2015; 7: 746-761. 20150224. DOI: <https://doi.org/10.1016/j.pmrj.2015.01.024>.

Stoop R, Clijsen R, Leoni D, et al. Evolution of the methodological quality of controlled clinical trials for myofascial trigger point treatments for the period 1978-2015: A systematic review. *Musculoskelet Sci Pract* 2017; 30: 1-9. 20170418. DOI: <https://doi.org/10.1016/j.msksp.2017.04.009>.

Tough EA, White AR, Richards S, et al. Variability of criteria used to diagnose myofascial trigger point pain syndrome--evidence from a review of the literature. *Clin J Pain* 2007; 23: 278-286. DOI: <https://doi.org/10.1097/AJP.0b013e31802fda7c>.

Wright EF. Referred craniofacial pain patterns in patients with temporomandibular disorder. *J Am Dent Assoc* 2000; 131: 1307-1315. DOI: <https://doi.org/10.14219/jada.archive.2000.0384>.

## Prevalens

Bron C, Dommerholt J, Stegenga B, et al. High prevalence of shoulder girdle muscles with myofascial trigger points in patients with shoulder pain. *BMC Musculoskelet Disord* 2011; 12: 139. 20110628. DOI: <https://doi.org/10.1186/1471-2474-12-139>.

Castaldo M, Ge HY, Chiarotto A, et al. Myofascial trigger points in patients with whiplash-associated disorders and mechanical neck pain. *Pain Med* 2014; 15: 842-849. 20140318. DOI: <https://doi.org/10.1111/pme.12429>.

Chiarotto A, Clijsen R, Fernandez-de-Las-Penas C, et al. Prevalence of Myofascial Trigger Points in Spinal Disorders: A Systematic Review and Meta-Analysis. *Arch Phys Med Rehabil* 2016; 97: 316-337. 20151017. DOI: <https://doi.org/10.1016/j.apmr.2015.09.021>.

Grieve R, Barnett S, Coghill N, et al. The prevalence of latent myofascial trigger points and diagnostic criteria of the triceps surae and upper trapezius: a cross sectional study. *Physiotherapy* 2013; 99: 278-284. 20130702. DOI: <https://doi.org/10.1016/j.physio.2013.04.002>.

Kalladka M, Young A and Khan J. Myofascial pain in temporomandibular disorders: Updates on etiopathogenesis and management. *J Bodyw Mov Ther* 2021; 28: 104-113. 20210808. DOI: <https://doi.org/10.1016/j.jbmt.2021.07.015>.

Kordi Yoosefinejad A, Samani M, Jabarifard F, et al. Comparison of the prevalence of myofascial trigger points of muscles acting on knee between patients with moderate degree of knee osteoarthritis and healthy matched people. *J Bodyw Mov Ther* 2021; 25: 113-118. 20201026. DOI: <https://doi.org/10.1016/j.jbmt.2020.10.012>.

Lluch E, Nijs J, De Koning M, et al. Prevalence, Incidence, Localization, and Pathophysiology of Myofascial Trigger Points in Patients With Spinal Pain: A Systematic Literature Review. *J Manipulative Physiol Ther* 2015; 38: 587-600. 20150919. DOI: <https://doi.org/10.1016/j.jmpt.2015.08.004>.

Roach S, Sorenson E, Headley B, et al. Prevalence of myofascial trigger points in the hip in patellofemoral pain. *Arch Phys Med Rehabil* 2013; 94: 522-526. 20121102. DOI: <https://doi.org/10.1016/j.apmr.2012.10.022>.

Rozenfeld E, Finestone AS, Moran U, et al. The prevalence of myofascial trigger points in hip and thigh areas in anterior knee pain patients. *J Bodyw Mov Ther* 2020; 24: 31-38. 20190514. DOI: <https://doi.org/10.1016/j.jbmt.2019.05.010>.

Skootsky SA, Jaeger B and Oye RK. Prevalence of myofascial pain in general internal medicine practice. *West J Med* 1989; 151: 157-160. <http://www.ncbi.nlm.nih.gov/pmc/articles/pmc1026905/>.

Zuil-Escobar JC, Martínez-Cepa CB, Martín-Urrialde JA, et al. The Prevalence of Latent Trigger Points in Lower Limb Muscles in Asymptomatic Subjects. *Pm r* 2016; 8: 1055-1064. 20160316. DOI: <https://doi.org/10.1016/j.pmrj.2016.03.005>.

## Effekt

Det finnes en hel mengde systematiske oversiktsartikler som har vurdert effekten av ulike behandlingsformer for triggerpunkter. Her er det stor variasjon i inklusjonskriterier og andre metodiske valg, noe som nok bidrar til relativt sprikende funn. Vår oppsummering av dette kan høres i podcastepisoden, men vi legger her ved et stort utvalg slik at lytterne kan gjøre seg opp sin egen mening.

Ahmed S, Haddad C, Subramaniam S, et al. The Effect of Electric Stimulation Techniques on Pain and Tenderness at the Myofascial Trigger Point: A Systematic Review. *Pain Med* 2019; 20: 1774-1788. DOI: <https://doi.org/10.1093/pm/pny278>.

Ajimsha MS, Al-Mudahka NR and Al-Madzhar JA. Effectiveness of myofascial release: systematic review of randomized controlled trials. *J Bodyw Mov Ther* 2015; 19: 102-112. 20140613. DOI: <https://doi.org/10.1016/j.jbmt.2014.06.001>.

Al-Moraissi EA, Alradom J, Aladashi O, et al. Needling therapies in the management of myofascial pain of the masticatory muscles: A network meta-analysis of randomised clinical trials. *J Oral Rehabil* 2020; 47: 910-922. 20200422. DOI: <https://doi.org/10.1111/joor.12960>.

Boyles R, Fowler R, Ramsey D, et al. Effectiveness of trigger point dry needling for multiple body regions: a systematic review. *J Man Manip Ther* 2015; 23: 276-293. DOI: <https://doi.org/10.1179/2042618615y.0000000014>.

Cagnie B, Castelein B, Pollie F, et al. Evidence for the Use of Ischemic Compression and Dry Needling in the Management of Trigger Points of the Upper Trapezius in Patients with Neck Pain: A Systematic Review. *Am J Phys Med Rehabil* 2015; 94: 573-583. DOI: <https://doi.org/10.1097/phm.000000000000266>.

Charles D, Hudgins T, MacNaughton J, et al. A systematic review of manual therapy techniques, dry cupping and dry needling in the reduction of myofascial pain and myofascial trigger points. *J Bodyw Mov Ther* 2019; 23: 539-546. 20190404. DOI: <https://doi.org/10.1016/j.jbmt.2019.04.001>.

Cotchett MP, Landorf KB and Munteanu SE. Effectiveness of dry needling and injections of myofascial trigger points associated with plantar heel pain: a systematic review. *J Foot Ankle Res* 2010; 3: 18. 20100901. DOI: <https://doi.org/10.1186/1757-1146-3-18>.

Cummings TM and White AR. Needling therapies in the management of myofascial trigger point pain: a systematic review. *Arch Phys Med Rehabil* 2001; 82: 986-992. DOI: <https://doi.org/10.1053/apmr.2001.24023>.

Denneny D, Frawley HC, Petersen K, et al. Trigger Point Manual Therapy for the Treatment of Chronic Noncancer Pain in Adults: A Systematic Review and Meta-analysis. *Arch Phys Med Rehabil* 2019; 100: 562-577. 20180717. DOI: <https://doi.org/10.1016/j.apmr.2018.06.019>.

Espejo-Antúnez L, Tejada JF, Albornoz-Cabello M, et al. Dry needling in the management of myofascial trigger points: A systematic review of randomized controlled trials. *Complement Ther Med* 2017; 33: 46-57. 20170615. DOI: <https://doi.org/10.1016/j.ctim.2017.06.003>.

Falsiroli Maistrello L, Geri T, Gianola S, et al. Effectiveness of Trigger Point Manual Treatment on the Frequency, Intensity, and Duration of Attacks in Primary Headaches: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Front Neurol* 2018; 9: 254. 20180424. DOI: <https://doi.org/10.3389/fneur.2018.00254>.

Fernandes AC, Duarte Moura DM, Da Silva LGD, et al. Acupuncture in Temporomandibular Disorder Myofascial Pain Treatment: A Systematic Review. *J Oral Facial Pain Headache* 2017; 31: 225-232. DOI: <https://doi.org/10.11607/ofph.1719>.

France S, Bown J, Nowosilskyj M, et al. Evidence for the use of dry needling and physiotherapy in the management of cervicogenic or tension-type headache: a systematic review. *Cephalalgia* 2014; 34: 994-1003. 20140312. DOI: <https://doi.org/10.1177/0333102414523847>.

Furlan AD, van Tulder M, Cherkin D, et al. Acupuncture and dry-needling for low back pain: an updated systematic review within the framework of the cochrane collaboration. *Spine (Phila Pa 1976)* 2005; 30: 944-963. DOI: <https://doi.org/10.1097/01.brs.0000158941.21571.01>.

Gattie E, Cleland JA and Snodgrass S. The Effectiveness of Trigger Point Dry Needling for Musculoskeletal Conditions by Physical Therapists: A Systematic Review and Meta-analysis. *J Orthop Sports Phys Ther* 2017; 47: 133-149. 20170203. DOI: <https://doi.org/10.2519/jospt.2017.7096>.

Guzmán-Pavón MJ, Cavero-Redondo I, Martínez-Vizcaíno V, et al. Effect of Physical Exercise Programs on Myofascial Trigger Points-Related Dysfunctions: A Systematic Review and Meta-analysis. *Pain Med* 2020; 21: 2986-2996. DOI: <https://doi.org/10.1093/pm/pnaa253>.

Hall ML, Mackie AC and Ribeiro DC. Effects of dry needling trigger point therapy in the shoulder region on patients with upper extremity pain and dysfunction: a systematic review with meta-analysis. *Physiotherapy* 2018; 104: 167-177. 20170807. DOI: <https://doi.org/10.1016/j.physio.2017.08.001>.

Hu HT, Gao H, Ma RJ, et al. Is dry needling effective for low back pain?: A systematic review and PRISMA-compliant meta-analysis. *Medicine (Baltimore)* 2018; 97: e11225. DOI: <https://doi.org/10.1097/md.00000000000011225>.

Kietrys DM, Palombaro KM, Azzaretto E, et al. Effectiveness of dry needling for upper-quarter myofascial pain: a systematic review and meta-analysis. *J Orthop Sports Phys Ther* 2013; 43: 620-634. DOI: <https://doi.org/10.2519/jospt.2013.4668>.

Laimi K, Mäkilä A, Bärlund E, et al. Effectiveness of myofascial release in treatment of chronic musculoskeletal pain: a systematic review. *Clin Rehabil* 2018; 32: 440-450. 20170928. DOI: <https://doi.org/10.1177/0269215517732820>.

Lew J, Kim J and Nair P. Comparison of dry needling and trigger point manual therapy in patients with neck and upper back myofascial pain syndrome: a systematic review and meta-analysis. *J Man Manip Ther* 2021; 29: 136-146. 20200922. DOI: <https://doi.org/10.1080/10669817.2020.1822618>.

Liu L, Huang QM, Liu QG, et al. Evidence for Dry Needling in the Management of Myofascial Trigger Points Associated With Low Back Pain: A Systematic Review and Meta-Analysis. *Arch Phys Med Rehabil* 2018; 99: 144-152.e142. 20170708. DOI: <https://doi.org/10.1016/j.apmr.2017.06.008>.

Liu T, Peng Y, Zhu S, et al. Effect of miniscalpel-needle on relieving the pain of myofascial pain syndrome: a systematic review. *J Tradit Chin Med* 2015; 35: 613-619. DOI: [https://doi.org/10.1016/s0254-6272\(15\)30148-5](https://doi.org/10.1016/s0254-6272(15)30148-5).

Machado E, Machado P, Wandscher VF, et al. A systematic review of different substance injection and dry needling for treatment of temporomandibular myofascial pain. *Int J Oral Maxillofac Surg* 2018; 47: 1420-1432. 20180523. DOI: <https://doi.org/10.1016/j.ijom.2018.05.003>.

Mata Diz JB, de Souza JR, Leopoldino AA, et al. Exercise, especially combined stretching and strengthening exercise, reduces myofascial pain: a systematic review. *J Physiother* 2017; 63: 17-22. 20161203. DOI: <https://doi.org/10.1016/j.jphys.2016.11.008>.

Morihisa R, Eskew J, McNamara A, et al. DRY NEEDLING IN SUBJECTS WITH MUSCULAR TRIGGER POINTS IN THE LOWER QUARTER: A SYSTEMATIC REVIEW. *Int J Sports Phys Ther* 2016; 11: 1-14. <https://www.ncbi.nlm.nih.gov/pubmed/26900495>.

Navarro-Santana MJ, Sanchez-Infante J, Fernández-de-Las-Peñas C, et al. Effectiveness of Dry Needling for Myofascial Trigger Points Associated with Neck Pain Symptoms: An Updated Systematic Review and Meta-Analysis. *J Clin Med* 2020; 9 20201014. DOI: <https://doi.org/10.3390/jcm9103300>.

Navarro-Santana MJ, Sanchez-Infante J, Gómez-Chiguano GF, et al. Effects of trigger point dry needling on lateral epicondylalgia of musculoskeletal origin: a systematic review and meta-analysis. *Clin Rehabil* 2020; 34: 1327-1340. 20200623. DOI: <https://doi.org/10.1177/0269215520937468>.

Rahou-El-Bachiri Y, Navarro-Santana MJ, Gómez-Chiguano GF, et al. Effects of Trigger Point Dry Needling for the Management of Knee Pain Syndromes: A Systematic Review and Meta-Analysis. *J Clin Med* 2020; 9 20200629. DOI: <https://doi.org/10.3390/jcm9072044>.

Rodríguez-Mansilla J, González-Sánchez B, De Toro García Á, et al. Effectiveness of dry needling on reducing pain intensity in patients with myofascial pain syndrome: a Meta-analysis. *J Tradit Chin Med* 2016; 36: 1-13. DOI: [https://doi.org/10.1016/s0254-6272\(16\)30001-2](https://doi.org/10.1016/s0254-6272(16)30001-2).

Scott NA, Guo B, Barton PM, et al. Trigger point injections for chronic non-malignant musculoskeletal pain: a systematic review. *Pain Med* 2009; 10: 54-69. 20081105. DOI: <https://doi.org/10.1111/j.1526-4637.2008.00526.x>.

Tesch RS, Macedo L, Fernandes FS, et al. Effectiveness of dry needling on the local pressure pain threshold in patients with masticatory myofascial pain. Systematic review and preliminary clinical trial. *Cranio* 2021; 39: 171-179. 20190327. DOI: <https://doi.org/10.1080/08869634.2019.1588518>.

Tough EA, White AR, Cummings TM, et al. Acupuncture and dry needling in the management of myofascial trigger point pain: a systematic review and meta-analysis of randomised controlled trials. *Eur J Pain* 2009; 13: 3-10. 20080418. DOI: <https://doi.org/10.1016/j.eipain.2008.02.006>.

Wang R, Li X, Zhou S, et al. Manual acupuncture for myofascial pain syndrome: a systematic review and meta-analysis. *Acupunct Med* 2017; 35: 241-250. 20170123. DOI: <https://doi.org/10.1136/acupmed-2016-011176>.

Webb TR and Rajendran D. Myofascial techniques: What are their effects on joint range of motion and pain? - A systematic review and meta-analysis of randomised controlled trials. *J Bodyw Mov Ther* 2016; 20: 682-699. 20160302. DOI: <https://doi.org/10.1016/j.jbmt.2016.02.013>.

Zhang Q, Fu C, Huang L, et al. Efficacy of Extracorporeal Shockwave Therapy on Pain and Function in Myofascial Pain Syndrome of the Trapezius: A Systematic Review and Meta-Analysis. *Arch Phys Med Rehabil* 2020; 101: 1437-1446. 20200328. DOI: <https://doi.org/10.1016/j.apmr.2020.02.013>.

Den internasjonale diskusjonen

Den internasjonale diskusjonen i kronologisk rekkefølge, slik at det er litt enklere å følge svar/tilsvar.

Quintner JL and Cohen ML. Referred pain of peripheral nerve origin: an alternative to the "myofascial pain" construct. *Clin J Pain* 1994; 10: 243-251. DOI: <https://doi.org/10.1097/00002508-199409000-00012>.

Quintner JL, Bove GM and Cohen ML. A critical evaluation of the trigger point phenomenon. *Rheumatology (Oxford)* 2015; 54: 392-399. 20141203. DOI: <https://doi.org/10.1093/rheumatology/keu471>.

Dommerholt J and Gerwin RD. A critical evaluation of Quintner et al: missing the point. *J Bodyw Mov Ther* 2015; 19: 193-204. 20150204. DOI: <https://doi.org/10.1016/j.jbmt.2015.01.009>.

Quintner JL, Bove GM and Cohen ML. Response to Dommerholt and Gerwin: Did we miss the point? *J Bodyw Mov Ther* 2015; 19: 394-395. 20150227. DOI: <https://doi.org/10.1016/j.jbmt.2015.02.008>.

Rathbone A, Henry J and Kumbhare D. Comment on: A critical evaluation of the trigger point phenomenon. *Rheumatology (Oxford)* 2015; 54: 1126-1127. 20150331. DOI: <https://doi.org/10.1093/rheumatology/kev028>.

Quintner J, Bove G and Cohen M. Comment on: A critical evaluation of the trigger point phenomenon: reply. *Rheumatology (Oxford)* 2015; 54: 1127-1128. 20150331. DOI: <https://doi.org/10.1093/rheumatology/kev095>.

Chaitow L. Contrasting views of myofascial pain. *J Bodyw Mov Ther* 2015; 19: 191-192. 20150131. DOI: <https://doi.org/10.1016/j.jbmt.2015.01.008>.

Meakins A. Soft tissue sore spots of an unknown origin. *Br J Sports Med* 2015; 49: 348. DOI: <https://doi.org/10.1136/bjsports-2014-094502>.

Weisman A, Meakins A and Rotem-Lehrer N. A Delphi Study: Defining a Unicorn. *Pain Med* 2018; 19: 1295. DOI: <https://doi.org/10.1093/pm/pnx327>.

#### Diverse

Arjun MV and Rajaseker S. Association between subscapularis trigger point and frozen shoulder: A cross sectional study. *J Bodyw Mov Ther* 2021; 28: 406-410. 20210617. DOI: <https://doi.org/10.1016/j.jbmt.2021.06.025>.

Azadeh H, Dehghani M and Zarezadeh A. Incidence of trapezius myofascial trigger points in patients with the possible carpal tunnel syndrome. *J Res Med Sci* 2010; 15: 250-255. <https://www.ncbi.nlm.nih.gov/pubmed/21526092>

Ballyns JJ, Turo D, Otto P, et al. Office-based elastographic technique for quantifying mechanical properties of skeletal muscle. *J Ultrasound Med* 2012; 31: 1209-1219. DOI: <https://doi.org/10.7863/jum.2012.31.8.1209>.

Jiménez-Sánchez C, Gómez-Soriano J, Bravo-Esteban E, et al. Effects of Dry Needling on Biomechanical Properties of the Myofascial Trigger Points Measured by Myotonometry: A Randomized Controlled Trial. *J Manipulative Physiol Ther* 2021; 44: 467-474. 20210808. DOI: <https://doi.org/10.1016/j.jmpt.2021.06.002>.

Kalia V, Mani S and Kumar SP. Short-term effect of myofascial trigger point dry-needling in patients with Adhesive Capsulitis. *J Bodyw Mov Ther* 2021; 25: 146-150. 20201026. DOI: <https://doi.org/10.1016/j.jbmt.2020.10.014>.

Turo D, Otto P, Hossain M, et al. Novel Use of Ultrasound Elastography to Quantify Muscle Tissue Changes After Dry Needling of Myofascial Trigger Points in Patients With Chronic Myofascial Pain. *J Ultrasound Med* 2015; 34: 2149-2161. 20151021. DOI: <https://doi.org/10.7863/ultra.14.08033>.

Turo D, Otto P, Shah JP, et al. Ultrasonic characterization of the upper trapezius muscle in patients with chronic neck pain. *Ultrason Imaging* 2013; 35: 173-187. DOI: <https://doi.org/10.1177/0161734612472408>.

Og til slutt, tidens største Endnote-tabbe

Som absolutt ikke har noe med prevalens av triggerpunkter å gjøre

Yasumoto T, Igarashi T, Legrand A-M, et al. Structural Elucidation of Ciguatoxin Congeners by Fast-Atom Bombardment Tandem Mass Spectroscopy. *Journal of The American Chemical Society - J AM CHEM SOC* 2000; 122. DOI: <https://doi.org/10.1021/ja9944204>.

## Bøker

Travell J. *Office hours: day and night: The autobiography of Janet Travell MD*. World Pub. Co, 1968. (Kapittel 14)

Donnelly J dIPC, Finnegan M and Freeman JL. *Travell, Simons & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual*. 3, illustrated ed.: Wolters Kluwer Health, 2018. (Foreword, preface og kapittel 1)

## Podcastepisoder

The Modern Pain Podcast – Whats The Deal With Trigger Points

<https://soundcloud.com/modern-pain-care/what-is-the-deal-with-trigger-points>

PAINWeek podcast - Dry Needling and Trigger points: The Science Behind How Dry Needling Might Work

<https://soundcloud.com/painweek/dry-needling-and-trigger-points-the-science-behind-how-dry-needling-might-work>

Dr. Joe Tatta – The Healing Pain Podcast: Episode 145 – Does The Evidence Support Trigger Point Therapy For Chronic Pain And The Physiotherapists' Role In Opioid Tapering

<https://podtail.com/podcast/dr-joe-tatta-the-healing-pain-podcast/episode-145-diarmuid-denneny-pt-does-the-evidence-/>

## Andre kilder

David G. Simons – Professional life

<https://www.dgs-academy.com/en/about-us/david-g-simons-md/>

David G. Simons – Obituary

[https://www.dgs-academy.com/fileadmin/documents/Obituary\\_DGS\\_BMJ.pdf](https://www.dgs-academy.com/fileadmin/documents/Obituary_DGS_BMJ.pdf)

Janet Travell – Obituary

<https://www.washingtonpost.com/archive/local/1997/08/02/jfk-physician-janet-g-travell-dies-at-95/c9b8968b-dc4c-4d4e-9f19-70b257a8e782/>