

Abstract

Myofascial pain syndrome (MFBS) in the pelvic region is characterized by the presence of trigger points (TrPs) in the pelvic floor (PF) muscles and pain that is localized directly in the pelvis but simultaneously radiates to surrounding structures. This pain is often difficult to distinguish from internal complaints, which are often mimicked or accompanied by the pain. This bachelor's thesis addresses the subject of pain in the pelvic region and TrPs, which are related to myofascial structures, particularly PD. In the theoretical part, it aims to bring together the existing knowledge on MFBS with a narrower focus on the pelvic region and to present a comprehensive examination procedure and treatment options.

The examination of PD in MFBS should be comprehensive, including history, palpation, dynamic tests and pelvic region specific tests. Therapy is initiated with manual techniques (MT), includes therapeutic physical education (TPE) methods to integrate the pelvis into global movement patterns. Training awareness of PD and the ability to relax it play an important role as well. The psychological side of the person should not be neglected, as pelvic difficulties are related to the intimate parts, in many cases reducing the quality of life and limiting the performance of daily activities.

For five selected MPPS, the definitions, etiopathogenesis, typical clinical presentation of the syndrome, possible causes and the contribution of the myofascial component to the difficulties are described. The muscles with the most frequent occurrence of TrPs and specific treatment options are also described.

The practical part includes a case report of a patient suffering from dysmenorrhea. It demonstrates a month-long collaboration consisting of four visits to a physiotherapist and daily self-therapy. In addition to a comprehensive physiological analysis, the initial and final examination included a subjective pain assessment on the visual analogue scale (VAS) and the Short Form-36 (SF-36) quality of life questionnaire. The therapy combined elements of MT, TPE and visceral therapy.