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**THE INFLUENCE OF INCORRECT POSTURE ON MYOFASCIAL PAIN SYNDROME.  
THE REMOVAL OF TRIGGER POINTS WITH USE OF MAGNETIC FIELDS**

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**Introduction.**

The myofascial pain syndrome is defined as a sensation, motoric and autonomic affliction caused by trigger points.

Trigger points are very sensitive hyper-tonic tissues that are painful. Under compression they cause radiative or referred pain. A lot of factors cause pain. One of them is incorrect posture which causes that the fascial structure in selected body areas stretches what may lead to myofiscal trigger points.

The examined group of people has involved 22 volunteers, aged between 20 and 30 years old. The members of the examined group were divided into 3 smaller groups. The first group was tested with use of the static magnetic fields (MagneticUnit discs). The second group was tested with use of extremely low frequency magnetic field (Viofor JPS). The last group was tested with use of infrared light with magnetic fields (Viofor JPS).

Previous tests run by scientists have proved the analgesic influence of magnetic field. The results were present even after a certain period of time, when the tests were finished. That is the reason to check whether the magnetic fields have an influence on trigger points.

In the presented research, I have used Zebris platform pdm, to check the foot pressure. The static module of the software has allowed us to test the foot pressure when a patient stood on the platform and, at the same time, check his assessment of balance (right-left foot, front-back).

Preliminary comparison of the research results shows high effectiveness of all three methods of use of the magnetic fields. The best achieved results were with use of Viofor therapy and MagneticUnit. The lowest effectiveness was with use of magnetic therapy with infrared light.

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