

تأثیر درمان با آرامش‌سازی پیش‌رونده عضلانی در بهبود علائم بالینی مبتلایان به سندرم اختلال عمل دردناک عضلات جوونده

دکتر جلیل مومن بیت‌الهی* - دکتر مهناز صاحب جمعی** - دکتر آرش معنوی*** - دکتر ترانه فرخ‌نیا**** - دکتر علیرضا ظهیرالدین***** - دکتر بنفشه گلستان*****

*استادیار گروه آموزشی بیماری‌های دهان و فک و صورت، دانشکده دندانپزشکی و عضو مرکز تحقیقات دندانپزشکی دانشگاه علوم پزشکی و خدمات بهداشتی، درمانی تهران

**استاد گروه آموزشی بیماری‌های دهان و فک و صورت، دانشکده دندانپزشکی دانشگاه علوم پزشکی و خدمات بهداشتی، درمانی تهران

***استادیار گروه آموزشی بیماری‌های دهان و فک و صورت، دانشکده دندانپزشکی دانشگاه علوم پزشکی و خدمات بهداشتی، درمانی تهران

****متخصص بیماری‌های دهان و فک و صورت

*****دانشیار متخصص روانپزشکی و عضو مرکز تحقیقات علوم رفتاری دانشگاه علوم پزشکی شهید بهشتی

*****استادیار گروه اپیدمیولوژی و آمار دانشگاه علوم پزشکی و خدمات بهداشتی، درمانی تهران

Title: Effect of progressive muscle relaxation therapy on improving signs and symptoms of patients with myofacial pain dysfunction syndrome

Authors: Momen Beitollahi J. Assistant Professor*, Sahebjamie M. Professor*, Manavi A. Assistant Professor*, Farrokhnia T., Zohiroddin Ar. Associate Professor**, Golestan B. Assistant Professor*****

Address: *Department of Oral Medicine, School of Dentistry, Tehran University of Medical Sciences

**Department of Psychology, Shahid Beheshti University of Medical Sciences

***Department of Epidemiology and Biostatistics, School of Public Health, Tehran University of Medical Sciences

Background and Aim: One of the most common causes of facial pain, is muscular pain. MPDS is one of the most important disorders of facial area that many of patients suffer from pain, tenderness of one or more masticatory muscles and limitation of movement. Psychological factors play an important role in MPDS. Anxiety and depression by increasing muscle tension, can cause myofacial pain syndrome; They can also accompany the syndrome as comorbidities or develop as sequelae of chronic pain and disability. Many approaches can be used to treat myofacial pain syndrome. The least invasive and least traumatic approach should be selected. Often, treatment for myofacial pain syndrome fails, because underlying problems go untreated. Progressive Muscle Relaxation (PMR) is mainly used for treating anxiety and depression. The aim of this study was to evaluate the effect of PMR in improving signs and symptoms of patients with MPDS.

Materials and Methods: In this before and after clinical trial study, 33 patients with MPDS that had anxiety and or mild depression (were assessed by Beck Inventory) were treated by PMR in a period of a month (3 visits) and were followed up until 2 months. Analysis was done using paired t-test/ wilcoxon-sign-rank test.

Results: The results of this study showed that variants like intensity of pain, tenderness of masticatory muscles, maximum opening of mouth with and without pain, anxiety ($p < 0.001$) and depression ($p = 0.001$) improved significant 16 after treatment in comparison with before treatment.

Conclusion: In conclusion, PMR is effective in improving signs and symptoms in patients with MPDS. Therefore psychological status should be considered in treatment plan of these patients.

Key Words: Myofacial pain dysfunction syndrome; Progressive Muscle Relaxation; Anxiety; Depression