

## **Pain in the musculoskeletal system Diagnosis and measurement of treatment success with the F-METER**



*Localization and diagnosis of pain points with F-METER*

In every day practice the assessment of pain as well as the measurement of treatment success can be problematic. Most of the time the patient's pain is quantified with the help of a visual analogue scale (VAS). With its various modifications, VAS is a reliable tool for documenting the current situation. However, the method has its limits and other methods have to provide more detailed information.

The F-METER was developed for the differentiation and assessment of myofascial pain points (trigger points) by STORZ MEDICAL (Taegerwilen, Switzerland). It provides a practical solution for the assessment of myogeloses, trigger points, myofascial pain in specific areas and similar areas sensitive to palpation.

The instrument's sensor head is placed on the points of pain and pressed down with increasing pressure until the patient feels pain. The F-METER automatically measures the applied pressure and converts it into a numerical value. Thus the values of every single trigger point and trigger area can be documented. The measuring tool enormously facilitates localization and diagnosis of individual trigger points. That way it becomes possible to classify each pain area, which facilitates localization of the myogeloses most susceptible to pain (which have to be treated first), especially when several active trigger points are involved. It also

provides helpful information for further therapy and the order of treatments can be determined quickly and effectively.



*STORZ MEDICAL F-METER*

In addition, the F-METER is a simple method to prove treatment success. By comparing the individual measured values it is possible to document improvement after each therapy session. If the values increase, sensitivity to pressure is reduced, which means that the treatment is successful.

Therapy often takes months, especially when treating patients with severe myofascial pain symptoms. For some patients it is difficult to see the gradual progress and as a result of that some tend to discontinue treatment. The F-METER visualizes treatment progress. Patients are actually able to keep track of it and are therefore motivated to continue.

As the F-METER provides objective treatment results, it is also used for documentation in scientific studies.

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