

Show notes

Dr. Mahooti is board certified in family medicine and sports medicine, and holds a master's degree in public health. His practice is focused on providing non-surgical, minimally invasive treatments for orthopedic and sports injuries as well as promoting therapeutic lifestyle changes to prevent and reverse diseases, and ultimately to achieve optimal health. Dr. Mahooti is passionate about guiding patients on their path to wellness. He pioneered a unique Therapeutic Lifestyle and Wellness Program that provides step-by-step guidance on Low Carb living in a group visit format. He is currently developing a virtual model of health coaching.

We will talk a lot about a controversial topic, trigger points. As we go through this, you will hear about a topic that has gone from fringe to main stream. The research is developing and the rationale is still developing. It is really important that this develops and moves forward in the right way. It is not a cure all. It is meant as an alternative to usual treatment rather than regular treatment. Dr. Mahooti sees people that have not gotten better with regular treatment.

Podcast notes

Carry On - this is a great story that his wife (Lisa Fenn) did for ESPN
Janet Travell & David Simon (Orphan organ)

AMSSM

Dr Navid Mahooti ad on calf pain

Dunning and Krueger

navidmahootimd.com

North shore MGH

1. Walker, J.W., Shah, B.J. Trigger Point Injections: a Systematic, Narrative Review of the Current Literature. *SN Compr. Clin. Med.* **2**, 746–752 (2020).
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3. Robert Gerwin, MD, Trigger Point Diagnosis: At Last, the First Word on Consensus, *Pain Medicine*, Volume 19, Issue 1, January 2018, Pages 1–2
4. <https://academic.oup.com/painmedicine/article/19/1/1/4209931>
5. Fernández-de-Las-Peñas C, Dommerholt J. International Consensus on Diagnostic Criteria and Clinical Considerations of Myofascial Trigger Points: A Delphi Study. *Pain Med.* 2018;19(1):142-150. <https://pubmed.ncbi.nlm.nih.gov/29025044/>

6. Shah JP, Thaker N, Heimur J, et al. Myofascial Trigger Points Then and Now: A Historical and Scientific Perspective. *PM & R: the journal of injury, function, and rehabilitation*. 2015;7(7):746-76 <https://pubmed.ncbi.nlm.nih.gov/25724849/>
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9. Desai MJ, Saini V, Saini S. Myofascial Pain Syndrome: A Treatment Review. *Pain and Therapy*. 2013;2(1):21-36. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4107879/>
10. Henry R, Cahill CM, Wood G, et al. Myofascial pain in patients waitlisted for total knee arthroplasty. *Pain Research & Management: The Journal of the Canadian Pain Society*. 2012;17(5):321-327.
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12. Kietrys D.M., Palombaro K.M., Azzaretto E., et al: Effectiveness of dry needling for upper quarter myofascial pain: a systematic review and meta-analysis. *J Orth Sports Phys Ther* 2013;43:9, 620-634
<https://pubmed.ncbi.nlm.nih.gov/23756457/>
13. Dor, A and Kalichman, L. A Myofascial Component of Pain in Knee Osteoarthritis. *J of Bodywork & Movement Ther*, 2017 Jul;21(3):642-647.
<https://pubmed.ncbi.nlm.nih.gov/28750978/>
14. Sergienko, S and Kalichman, L. Myofascial origin of shoulder pain: A literature review. *J of Bodywork & Movement Ther*, 2015 Jan;19(1):91-101 <https://pubmed.ncbi.nlm.nih.gov/25603748/>

And three books (the second one is AMSSM's 5 min clinical consult in which I wrote inaugural chapter on myofascial pain), third is a self-treatment guide

1. Donnelly J. et al. Travell, Simons & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual 3rd Edition, 2019.
2. Achar, S and Taylor, K. 5 Minute Sports Medicine Consult, 2019. *Myofascial Pain Syndrome and Trigger Points* (book chapter), Mahooti, Navid.
3. Davies, Clair and Davies, Amber. The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) 2013

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