

Myofacial Pain Syndrome vs. Fibromyalgia vs. Chronic Fatigue Syndrome

	MYOFACIAL PAIN SYNDROME	FIBROMYALGIA	CHRONIC FATIGUE
Sex	Equal M/F	F	
Pathology	Trauma	UNK	
Distribution of pain	Localized	Generalized	
Sleep	Pain wakes-up pt	Fatigue w/ walking	
AM stiffness	None	75%	
Fatigue	None	75%	Most pronounced
Cold weather	Yes	Yes	
Psychological	Anxiety or depression	Yes	
Associated dz	Tension HA	IBS, tension HA	
Responds to Antidepressants	No	Yes	
Prognosis	Very good if trigger points are identified	Poor protracted course	fair
Muscle ache	Pronounced, local	Pronounced, widespread, multiple location	Less pronounced
Tiredness	Not prominent	Prominent	Most prominent
Flu-like s/s	No	No	Yes
Systemic s/s	No	Yes	Yes
Damp	Pronounced	Pronounced	Less pronounced
Deficiency	Not pronounced	Pronounced	Most pronounced