

[Myofascia](#) : the largest organ system of the body, it connects one part to the other, allowing movement.

[FMS](#) : "Fibromyalgia is a dysfunction of the biochemical informational substances (neurotransmitters, hormones, peptides, etc.) and is non-degenerative, non-progressive, non-inflammatory, pain amplification disorder. It is systemic and biochemical in nature." (quote from *Fibromyalgia & Chronic Myofascial Pain Syndrome* website: <http://www.sover.net/~devstar/define.htm> )

[Tender Points](#) : painful areas in FMS which do not refer pain elsewhere.

[Trigger Points \(TrPs\)](#) : extremely painful areas of tight myofascia, lumps and ropy bands; they refer pain and autonomic symptoms (changes in sweating and skin temperature) in characteristic patterns to surrounding tissues. This disorder is neuromuscular and mechanical in nature.

[Chronic Myofascial Pain \(CMP\)](#) : Chronic TrPs occurring in widespread distribution throughout the body, due to the development of secondary and satellite TrPs in what is termed a 'TrP cascade'.

[FMS & CMP Complex](#) : a combination of fibromyalgia and myofascial pain due to TrPs. The two conditions perpetuate each other