

Summary: Myofacial pain syndrome is kind of regional pain that is recognized with tender areas and trigger points. Different types of treatments such as acupuncture and aerobic exercises were recommended. The aim of this study is to compare the effect of aerobic exercise with acupuncture in myofacial pain syndrome.

Method: this study is clinical trial that 61 patients affected myofacial pain syndrome treated with acupuncture alone (30 patients) and with acupuncture plus aerobic exercise (31 patient) .in first group the patients had ten session of acupuncture 3 times a week.in second group after acupuncture ,they underwent 30-45 minutes aerobic exercise. The pain intensity were assessed with VAS, pain pressure threshold and neck function was assessed with neck disability index and quality of life was assessed with SF-36 before , immediately after and one month after treatments.

Results: acupuncture alone or in combination with aerobic exercises caused significant reduction in pain intensity ($p < 0.001$) , increasing pain pressure threshold ($p < 0.001$), and improving of quality of life ($p < 0.001$) immediately after treatments and one month later but There were no significant difference between two groups ($p < 0.05$)

Conclusion: both method of treatments caused significant improvement in neck pain, function and quality of life of patients.aerobic exercise with acupuncture had not significant effects in this recovery in comparison to acupuncture alone.

Key words: myofacial pain syndrome, acupuncture,aerobic exercise, quality of life