

THE SIGNIFICANCE OF QUANTITATIVE SENSORY TESTING IN PATIENTS WITH CHRONIC MUSCULOSKELETAL PAIN

*Snežana Tomašević-Todorović¹, Stefan Nikolić², Sofija Cvjetković²,
Nataša Ilić², Tijana Spasojević², Damjan Savić²*

Quantitative Sensory Testing (QST) provides objective, reproducible data, which can help confirm a diagnosis or monitor treatment outcomes in patients with chronic musculoskeletal pain (CMSP). Quantitative Sensory Testing has the potential to become an integral part of routine clinical evaluations in a variety of chronic musculoskeletal conditions. Quantitative Sensory Testing can detect early sensory changes before they are clinically obvious. Quantitative Sensory Testing procedures are non-invasive, making them suitable for repeated assessments and monitoring over time. The standardization of testing protocols is essential for obtaining reliable results. Impaired Conditioned pain modulation could serve as a biomarker for central sensitization in chronic pain conditions, helping clinicians identify patients whose pain is centrally mediated. Quantitative Sensory Testing has the potential to become an integral part of routine clinical evaluations in a variety of chronic musculoskeletal conditions. Quantitative Sensory Testing is particularly useful for evaluating the impact of physical therapies, exercise programs, and psychological interventions.

Acta Medica Medianae 2025;64(4):130–135.

Key words: *central sensitization, chronic pain, musculoskeletal pain*

¹University of Novi Sad, Faculty of Medicine, Novi Sad, Srbija

²University Clinical Center of Vojvodina, Center for Physical
Medicine and Rehabilitation, Novi Sad, Srbija

Contact: Damjan Savić
17 Dubrovačka St., Novi Sad, Serbia
E-mail: damjan.savic@yahoo.com