

# Trigger Point Therapy

## What does Trigger Point Therapy entail?

Trigger Point pain is one of the more common ailments that affect the muscles in the human body. It is also one of the most painful considering the pain does not occur in just one area, but can cause tingling, numbness, and various other discomforts in areas at a distance from the source of the trigger point itself. Due to the tenderness of these sites, people often feel that the long lasting benefits of Trigger Point Therapy are not worth the temporary pain they feel as a result of treatment. Considering that an untreated trigger point is likely to cause increased, spreading pain and future

problems with balance and correct posture, the long-term benefit of the therapy outweighs the short-term pain associated with Trigger Point Therapy.

### **Benefits**

One of the advantages of Trigger Point Therapy when compared to other massage therapies that are used to manage and treat pain is that it identifies and works very specific points of the body...specifically, those locations where the pain occurs to provide the best method of treatment for the pain.

## **What is a Trigger Point?**

To know if Trigger Point Therapy is required, you as the client need to understand exactly what a trigger point is!

A trigger point (also referred to as trigger site or a muscles knot) is a very tender spot in the body or a tight area within muscle tissue that causes pain in other parts of the body, often an isolated area within a particular muscle group - which will cause shooting pain in other areas of the body when stimulated. Trigger points can make themselves apparent in viewable knots or in tight bands of muscle fibers.

A trigger point in the back, for example, may reduce referral pain in the neck. The neck, now acting as a satellite trigger point, may then cause pain in the head. The pain may be sharp and intense or a dull ache.

## Method

Depending on where the pain is, and it usually occurs in the shoulders, back, or hips; the therapist will have the guest lie down in a way which is both comfortable for the guest, in the sense that other trigger points are not aggravated, and easy for the therapist to work the area. The therapist will then canvass the body in order to locate the exact area of where the trigger point is located. Location of the trigger point can be uncomfortable for many, especially if they have more than one. After locating the trigger point or points, the therapist will use

several different finger techniques of varying pressure on and around the points in order to break down the build-up of the knot. Because of the direct pressure applied to the area which is affecting the guest the most, this can

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be uncomfortable. Depending on the size of the trigger point, it may take several visits to the therapist in order to be assured that the entire trigger point has been deactivated.

### Post-Trigger Point Treatment

Once the trigger point has been effectively

treated or removed, no matter how many visits it has taken, it is important for the guest to remain hydrated. The breaking down of the trigger point takes all of the toxins that have built up in these areas and releases them into the blood stream. Without proper hydration, it is likely that the toxins will make the guest sick. Drinking plenty of water and other healthy beverages allows for the toxins to wash out of the blood stream in a short period of time, allowing the guest to continue their lives both toxin and trigger point free. Additionally, many therapists will recommend that you take an Epsom salt bath to assist with removing toxins and muscle soreness.