

# TRIGGER POINTS

## WHAT ARE TRIGGER POINTS

- Hyperirritable taut band of muscle
- Knot-like palpable muscle spasm
- Active trigger points are usually painful to touch

## HOW DO THEY OCCUR

- Acute trauma
- Repetitive activities
- Poor posture
- Prolonged stretch of muscle
- Stress
- Weakness of muscle



## SYMPTOMS

- Persistent pain
- Lack of range of motion
- Loss of function
- Tender to touch
- Referred pain



## REFERRED PAIN

- Pain from trigger point felt elsewhere
- Examples include:
  - Headaches
  - Radiating pain down legs or arms
  - Epicondylitis Pain
  - Plantar Fasciitis Pain



O&C Room 1108 • 867-7497

# HOW TO TREAT



**Trigger Ball:** Place ball on treatment area between body and the wall. Roll on ball until you find an active trigger point. Gently push into the painful spot and hold for 30 -60 seconds. Continue this treatment for 5-10 minute bouts throughout the day.



**Foam Roller:** Use foam roller to reduce muscle tension in order to increase flexibility and function.



## **Massage Stick:**

Use massage stick to reduce muscle tension when trigger points are present.

**Microbreaks:** Take a break from your job task every 20-30 minutes to help prevent cumulative trauma and active trigger points. Stretch in the opposite direction of your work tasks. Stretch the neck, shoulder and upper/lower back.

**Postural Exercises:** Along with taking microbreaks, work on strengthening posterior muscle groups to manage posture. Use theraband, dumbbells and table exercises for the neck, upper back, lower back and core.



**Ice:** Ice is used to decrease inflammation and pain associated with trigger points. Use an ice cup massage or ice pack over trigger point for 15-20 minutes.