

# Trigger Point Therapy

## What is a Trigger Point or “Knot”?

To begin with an explanation of a Trigger Point needs to be defined: “A firm, palpable, highly irritable spot in a taut band of muscle fibers or fascia; characterized by exquisite, tenderness, referred pain and loss of range of motion.” To break down these terms let’s take the first fraction of the clarification “firm, palpable, highly irritable spot”; a trigger point is a very sensitive spot that is dense and obvious to the touch. Next a “taut band of muscle fibers or fascia”; is a tight band of muscle tissue. Finally the last part of the statement, “characterized by exquisite, tenderness, referred pain and loss of range of motion”; meaning intense, sore, referred pain and lack of movement. It influences not only the muscle where the trigger point is situated, but also brings about "referred pain" in tissues in other places. That unexplained pain normally radiates from these points of confined soreness to broader areas, occasionally distant from the trigger point itself. Treating the main trigger point does not treat the ones that are referred by any means. There are countless trigger points potentially in any given muscle.

## Treating a Trigger Point

Trigger Point Therapy permits the therapist to locate and neutralize the spot by administering firm steady pressure. One method is to pick up the muscle tissue in a pincer grip another method is by the use of the elbow, knuckles, fist or various tools to apply direct pressure upon the trigger point. A profitable treatment relies on identifying, resolving, deactivating, elongating the tissues. Fascia (which is a mass of tissue casing or banding together body structures) surrounding muscles ought to be treated, possibly to lengthen and resolve stress configuration, or else muscles will be returned to arrangements where trigger points are likely to re-develop. If trigger points are pressed for brief a time, they could remain or reoccur; if pushed for an extended period of time or too hard, they possibly will be irritated or the area may become bruised, ensuing pain. Bruising may last for approximately 1–3 days following treatment. After having a trigger point session it is not unusual to experience soreness or discomfort for a few days after the appointment. This should be relayed to the client immediately after a session so that the person is aware of the expectations.