TRIGGER POINT THERAPY

Trigger point therapy is a noninvasive and well tolerated treatment alleviating pain. Typically, therapists use a type of compression—sometimes referred to as digital pressure—to help relieve trigger points. The goal of treating trigger points is to remove the spasm and return the muscle fibers to its original length. Digital pressure is applied to a 'knot' for anywhere from 30 seconds to 90 seconds, until a change in the tissue is felt.

Trigger points can be implicated in a wide range of common conditions that involve chronic pain, including sciatica, plantar fasciitis, low back pain, trigger finger and frozen shoulder, to name a few. Trigger points are defined as a focus of hyperirritability in a tissue that, when compressed, is locally tender and, if sufficiently hypersensitive, gives rise to referred pain and tenderness. In other words: a trigger point is believed to be a localized spasm or knot in the muscle fiber that may cause pain to be referred to other, more distant parts of the body. Trigger points are typically caused by an acute, sustained and repetitive overload that can occur in a variety of settings, including occupational and athletic settings, as well as underlying pathologies. Muscle overload leads to disruption in muscle activation, creating tightness and potential weakness.

Trigger point therapy can help break down adhesions and scar tissue within the soft tissues. Both are formed as part of the healing process, but are rigid and restrict movement. Trigger point therapy increases blood circulation and elevates temperature of the tissues, allowing improved relaxation and flexibility. Further, it helps restore movement and increase flexibility in the muscles. Improving range of movement is crucial to enable the muscle to work to its full function. If muscles are tight and lack in movement, muscles fatigue can lead to aches and pains. Trigger point therapy can help by relieving tightness and facilitating blood circulation. Increased range of movement enables full potential of the muscle and prevents injuries.

https://reader.elsevier.com/reader/sd/pii/S0304395996032484?token=F6529A56497AFCED7B7451F9CA96887359C3055BA4B355B274389BE6720F488F9A5C4DFD480A52636563BDA1698575DC&originRegion=us-east-1&originCreation=20220802030609
https://www.researchgate.net/profile/Bernadette-Jaeger/publication/262682165_Myofascial_trigger_point_pain/links/5f985363a6fdccfd7b846cc6/Myofascial-trigger-point-pain.pdf
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5561477/pdf/nihms845777.pdf
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5561477/pdf/nihms845777.pdf