

Trigger Point Massage

What is a Trigger Point?

- A trigger point (TP) is a section of muscle which has shortened/tightened due to overactivity
- TP's are present throughout the body and may be latent (no symptoms) or active
- An active TP causes pain due to the muscle shortening. This may be local or referred pain
- The shortened portion of muscle is unable to contract and hence strength is reduced
- TP's present as a palpable lump in a muscle

How are TP's Managed?

Trigger Point Release via:

1. *Massage*
2. *Accupuncture needling (superficial or deep)*

TIME 15-20 minutes hands-on with 10-15 minutes of guided stretches afterwards

EXPECTATIONS: involves some discomfort however relief will be evident within the session

Benefits of TP Massage

- *Muscle lengthening*
- *Pain reduction*
- *Improved strength*
- *Injury prevention*

Follow Up

To be guided by the physiotherapist - dependant on many variables!

