

10 SECOND PRESSURE TEST

Before any more intense treatment is considered, a 10 second pressure test can be carried out. If any tightness, adhesions or knots are found the test can be applied to the area so that the most beneficial techniques can be performed.

Protocol:

- Apply progressive downward pressure to the area of discomfort. Continue to apply pressure until the client reports the pain has reached 7 out of 10. Maintain this level of pressure for approximately 10 seconds to a maximum of 20 seconds.

During this time the client will experience one of these three things:

- Pain increases: This signifies current inflammation. The pressure must be removed immediately and the techniques which apply direct pressure over this area should be avoided.
- Pain remains constant: This signifies there is no tissue inflammation or trigger points but pain may be experienced due to adhesions, scarring or congestion within the tissue. Friction techniques are more appropriate for this.
- Pain decreases: This signifies the presence of a trigger point that is beginning to relax and respond to localised pressure.

