

TECHNIQUES USED DURING YOUR TREATMENT

TRIGGER POINT TECHNIQUE

What is a Trigger Point?

- A trigger point is a hyper irritable spot within a muscle that often results in reduced range of movement and muscle weakness. It is a point at which the sensory receptors have become overexcited and local pain is perceived.
- A trigger point can develop from postural imbalance, overuse of muscle or compensatory movements that continue unchecked for periods of time.
- The 10 second pressure test can be used to confirm the suitability of this technique.

How is the technique is carried out?

Protocols:

- Apply progressive, direct pressure until the client reports the pain has reached 7 out of 10.
- Maintain the pressure, unaltered, for up to 20 seconds. During this time the client may report that the pain has subsided.
- Gradually apply more pressure to bring them back to level 7, then maintain this pressure for up to 20 seconds.
- This can be repeated for up to 90 seconds or until the pain level of 7 can no longer be attained.
- Repeat this process until either the client reports a reduction or absence of pain or until two minutes have passed with no change in pain levels.

What are the benefits?

- Increased flexibility and contractibility of the affected muscle.
- Improved ROM.
- Reduced local pain.
- Reduced referred pain.
- Improved circulation.
- Increased local and general relaxation.

Are there any risks/contraindications?

- Inappropriate deactivation of these TPs without corresponding post-care advice could lead to destabilisation of the joint and an inability to control motion.
- Treatments can cause localised bruising or discomfort for one to two days post-treatment.