

#371 Trigger Point Transcript

Trigger Point Brochure

Header: Trigger Point Therapy

Q: What is a Trigger Point?

A: Trigger Point is an area of uncontrolled muscle tightness causing tenderness which interferes with normal muscle function. This restricts normal range of motion, weakens the muscle, and may refer pain to other parts of the body.

Q: How does Trigger Point Therapy work?

A: Using the hands, the skin is gently pressed to locate underlying tight bands or nodules of muscle fibers. Then using the hand, fingers, elbow, or small hand instrument, the muscle is compressed with sustained pressure to relax it.

Q: What does Trigger Point Therapy feel like?

A: To prepare the site, a cooling spray may be used. As pressure is applied, some patients experience temporary discomfort until the muscle relaxes. Others may feel referred pain to other parts of the body.

Q: Why is Trigger Point Therapy used?

A: Trigger Point Therapy is a highly effective way to reduce muscle spasms and relax hyperactive muscles. This helps restore normal range of motion and promote faster healing.

Patient Benefits

- Reduces chronic muscle spasms
- Avoids scar tissue formation
- Improves muscle tone
- Promotes better circulation
- Increases range of motion

Caption: Trigger point therapy reduces spasms and relaxes muscles.

©1996 Back Talk Systems, Inc.
(800) 937-3113