



Trigger Point Therapy

Body tissues can present in a wide variety of ways. The better your palpation skills, the more able you will be able to distinguish the difference between scar tissue and restricted fascia. Start by paying attention to what healthy muscle tissue feels like compared to unhealthy muscle tissue. Healthy tissue is soft and pliable while unhealthy tissues feel as if they are bound down and stuck together and sometimes they have a grainy, gristly feeling. Trigger points feel like little knots within the muscle, it hurts when you palpate them and sometimes pain radiates to other parts of the body. Use BIOTONE Controlled-Glide Massage Creme for a smooth, contained glide.



Instructions

1. Find the **Trigger Point** by palpating the tissue until you locate a small area of tightly contracted tissue or isolated spasm.
2. Gently press on this area. If you have located a **Trigger Point** the client will likely experience a “to your soul” pain, feel referral pain/sensation somewhere else on their body and/or the tissue may twitch.
3. Hold the pressure for several seconds.
4. Release your hold and perform several slow effleurage movements over the treated area.
5. Repeat this cycle of static pressure and effleurage 2 more times. You can apply pressure from different directions if it feels appropriate..
6. Get client feedback throughout the process. Pain scale of treatment should be about a 7 on a scale of 1 to 10.
7. If the client experiences referral pain when you press on a **Trigger Point**, attempt to simultaneously press on the area of referred pain while maintaining pressure on the original point.
8. Do not over treat an area! Working too many **Trigger Points** in one session can be overwhelming to the client.