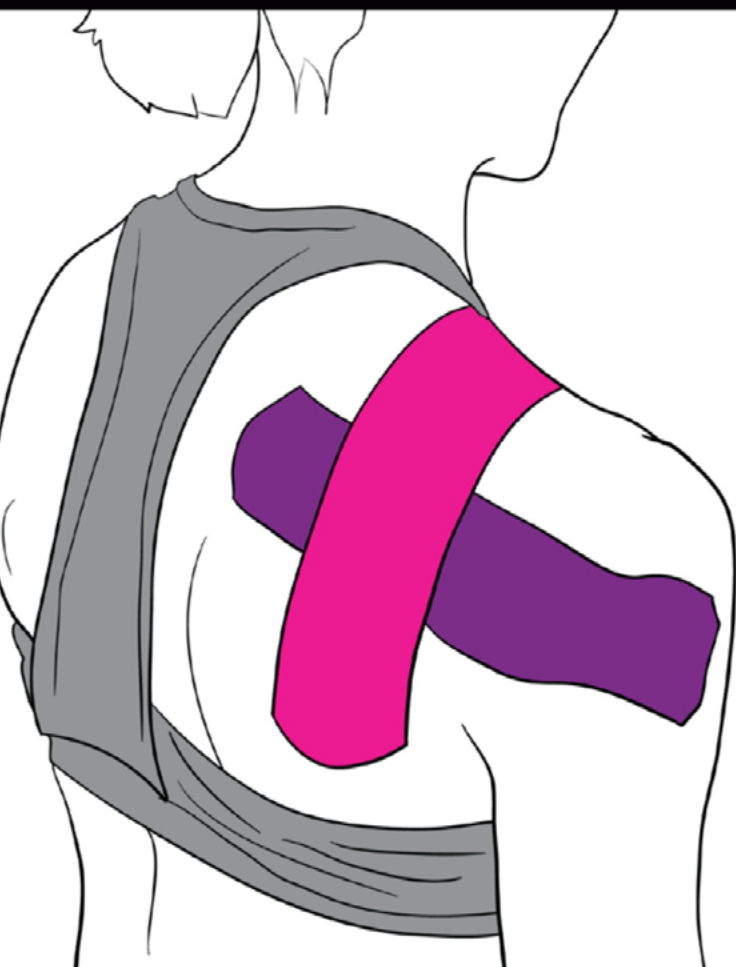


TAPING FOR TRIGGER POINTS



TRIGGER POINT
MASTER CLASS



INCLUDES VIDEO



ONLINE EXAM

STUART HINDS

NielAsher.
Advanced Trigger Point Techniques

NAT Pro Series:

Taping for Trigger Points

Diploma Course for Manual Therapists
and Exercise Professionals

Stuart Hinds

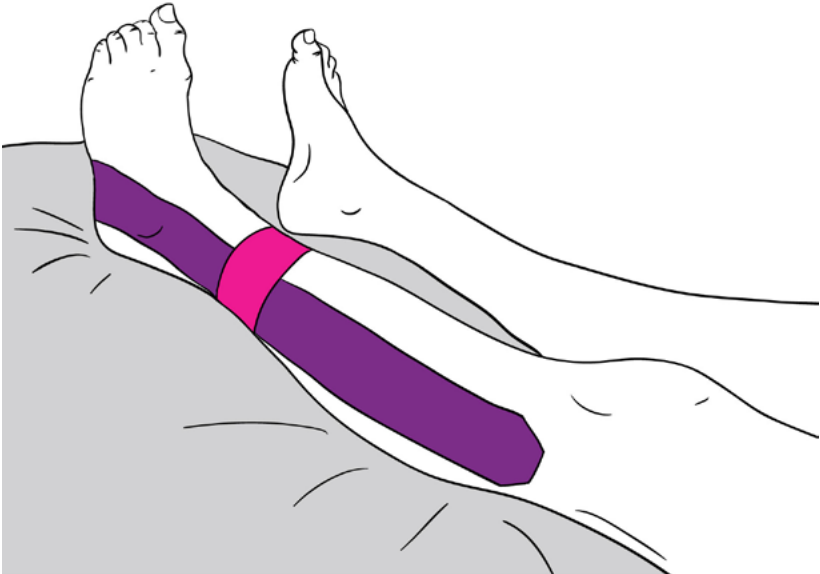
Published by Niel Asher Healthcare

Copyright 2016, All Rights Reserved

Table of Contents

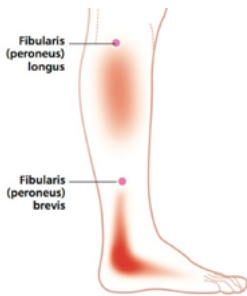
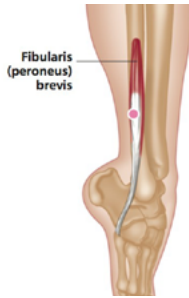
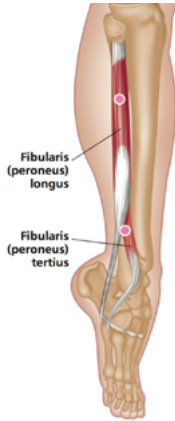
<i>About Stuart Hinds</i>	4
<i>About this course</i>	5
<i>About trigger points</i>	6
<i>Preparation</i>	22
<i>Deltoids</i>	23
<i>Teres major / minor</i>	25
<i>Trapezius</i>	27
<i>Infraspinatus</i>	29
<i>Supraspinatus</i>	31
<i>Levator scapulae</i>	33
<i>Forearm extensors</i>	35
<i>Forearm flexors</i>	37
<i>Biceps brachii</i>	39
<i>Triceps brachii</i>	41
<i>Adductor magnus / longus</i>	43
<i>Gastrocnemius</i>	45
<i>Soleus</i>	47
<i>Gluteus minimus</i>	49
<i>Gluteus medius</i>	51
<i>Tensor Fascia latae</i>	53
<i>Tibialis anterior</i>	55
<i>Fibulas</i>	57
<i>Hamstrings</i>	59
<i>Piriformis</i>	61
<i>Erector spinae</i>	63
<i>Exams / Certification</i>	65

Fibularis



[watch the video](#)





ORIGIN

Longus: upper two-thirds of lateral surface of tibia. Lateral condyle of tibia. Brevis: lower two-thirds of lateral surface of tibia. Adjacent intermuscular septa. Tertius: lower third of anterior surface of tibia and interosseous membrane.

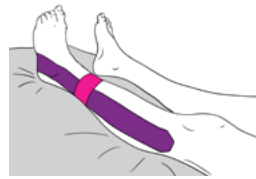
ACTION

Longus: everts foot. Assists plantar flexion of ankle joint. Antagonist: tibialis anterior. Brevis: everts ankle joint.

Tertius: dorsiflexes ankle joint. Everts foot.

REFERRED PAIN PATTERNS

Mainly over lateral malleolus, anteriorly and posteriorly in a linear distribution. Laterally along foot, occasionally vague pain in middle third of lateral aspect of lower leg.



TAPING INSTRUCTIONS

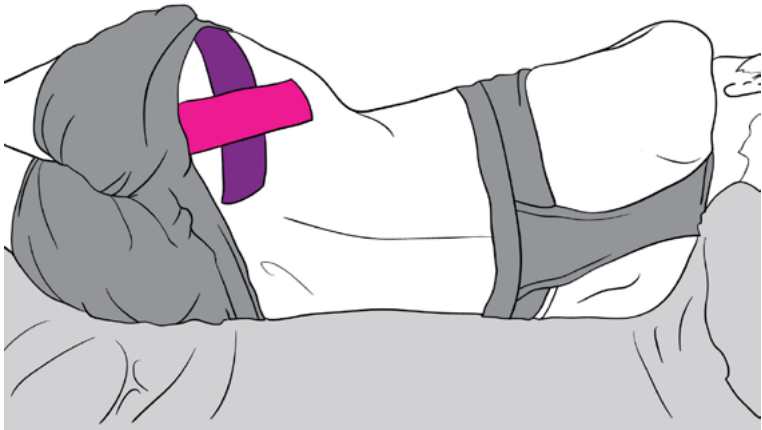
Stretch - Inversion of the foot.

Tape - from the under lateral side of foot to just pass the head of the fibula along the line of the muscle fibers. Be sure to measure and cut tape correct length.

Stabilization - Anchor at underside of the lateral foot with 30-40 % load on tape.

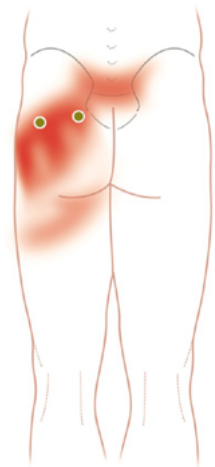
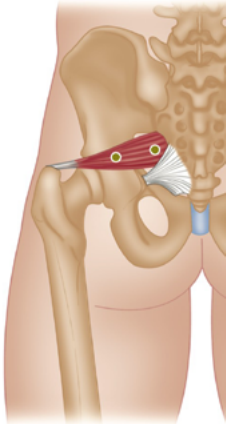
Decompression - at trigger point sites. Palpation the key. 90% load on tape.

Piriformis



[watch the video](#)





ORIGIN

Internal surface of sacrum.
Sacrotuberous ligament.

ACTION

Laterally rotates hip joint. Abducts thigh when hip is extended. Helps hold head of femur in acetabulum.

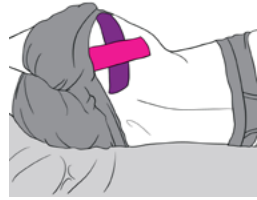
INSERTION

Superior border of greater trochanter of femur.

REFERRED PAIN PATTERNS

Two strong zones of pain: (1) 3–4 cm zone lateral to coccyx; (2) 7–10 cm zone posterolateral buttock/hip joint. Also broad spillover of diffuse pain between (1) and (2) and down thigh to above the knee.

Biceps femoris: diffuse pain posteromedial legs, with strong 10 cm zone posterior to knee joint.



TAPING INSTRUCTIONS

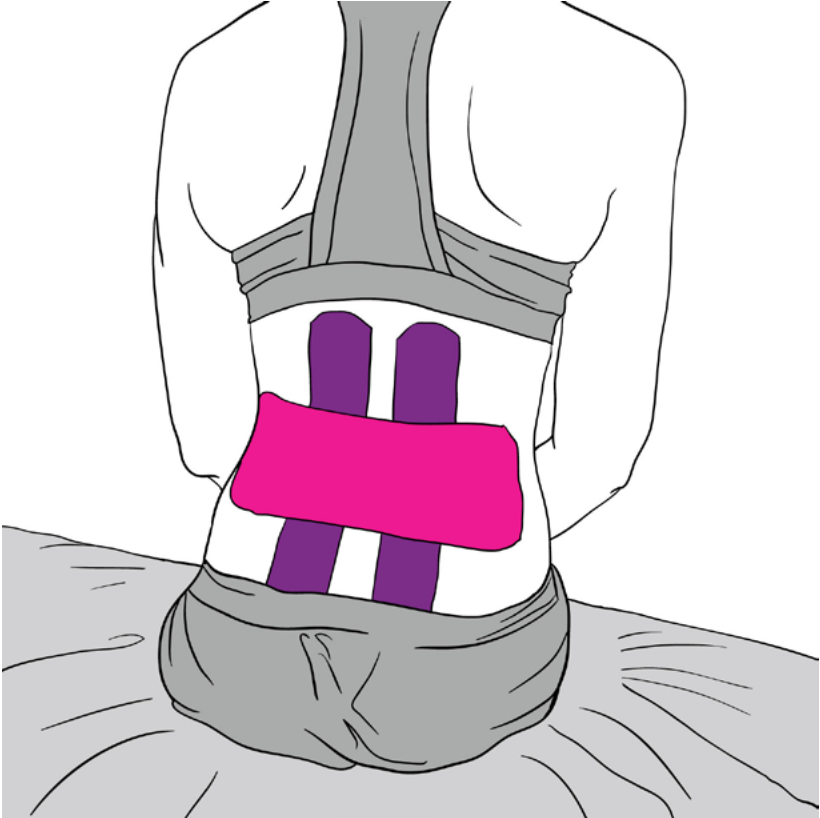
Stretch - Hip flexion / adduction.

Tape - from the greater trochanter origin along the line of the muscle fibers. Be sure to measure and cut tape correct length.

Stabilization - Anchor at greater trochanter with 30–40 % load on tape.

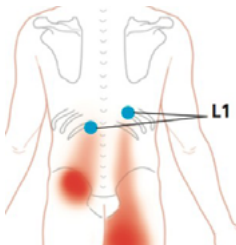
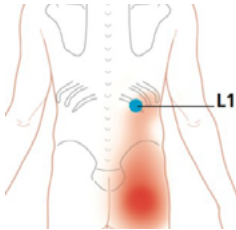
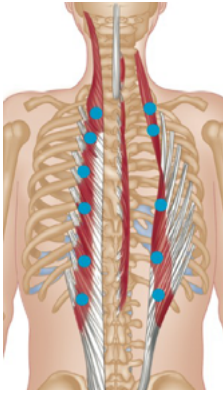
Decompression - at trigger point sites. Palpation the key. 90% load on tape.

Erector Spinae



[watch the video](#)





ORIGIN

Slips of muscle arising from the sacrum. Iliac crest. Spinous and transverse processes of vertebrae. Ribs.

ACTION

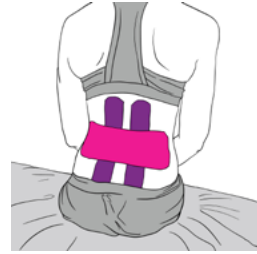
Extends and laterally flexes vertebral column (i.e. bending backward and sideways). Helps maintain correct curvature of spine in the erect and sitting positions. Steadies the vertebral column on the pelvis during walking. Antagonist: rectus abdominis.

INSERTION

Ribs. Transverse and spinous processes of vertebrae. Occipital bone.

REFERRED PAIN PATTERNS

Thoracic spine—iliocostalis: medially toward the spine, and anteriorly toward the abdomen. Lumbar spine—iliocostalis: mid buttock. Thoracic spine—iliocostalis: buttock and sacroiliac area.



TAPING INSTRUCTIONS

Stretch - Flexion of the lumbar spine.

Tape - 2 Strips placed either side of the spine along the line of the ES muscles, tape past the thoracolumbar region, and tape along the line of the muscle fibers. Be sure to measure and cut tape correct length.

Stabilization - Anchor at iliac crest with 30-40 % load on tape.

Decompression - at trigger point sites. Palpation the key. 90% load on tape.

Exams and Certification

When you have completed this course, you will need to complete and pass the reflective learning exam in order to certify. Click on the link below to access the online exam portal. You will be able to create your own login details so that you can save your answers if you do not wish to complete the exam in one sitting.

On successful completion of the exam, you will be able to generate your certificate. If you need any help or assistance, please contact our support team - support@nielasher.com



[CLICK HERE FOR EXAM](#)

» **Jamie S. Wyatt Licensed Massage Therapist, Northport, Alabama**

Great course and very informative. After reading the Niel Asher Technique, I love it, and this course information will help me in becoming a better ortho therapist! Thank you! I look forward to more of your courses.

» **Silva Rashida Schuldt Osteopath, Bedfordshire, UK**

The NAT shoulder course has revolutionized how I treat my patients - not only for shoulder problems but also for all other areas of the body. Hands down the best CPD course I've ever done!

» **Sean Konrad D.C., Chiropractor, Pennsylvania, USA**

NAT has really enhanced my approach to soft tissue treatment. Thank you!

» **Tamara Buchanan Massage Therapist, Maricopa, Arizona**

I just got this trigger point course in the mail a couple days ago and it is amazing! Highly recommend!!

» **Audrey L Holston Massage Therapist, Crawfordville, FL, USA**

I just finished this trigger point course and I love it!

» **Dan Stroup Licensed Massage Therapist, NY & CT, USA**

This training was valuable for my growth in massage therapy

» **Tony Poland, Instructor of Sports & Trigger Point Programs at IPSB, Los Angeles, California**

Of all the trigger point textbooks out there, this is the one I use for my course at IPSB. It's the best textbook by far.

» **Jules Harper FdSc, MFHT, MNHMA Massage Therapist, Shrewsbury, UK**

My clients have been enjoying relief after having had their trigger points worked on, what would I do without NAT!

» Michael P. Ganci CNMT, LMT Massage Therapist, St. Petersburg, Florida

I found the course very informative and well written. I also want to thank you for responding to my questions and the re-tests for the Master course.

» Alison Angier Sports & Remedial Massage Therapist, Brisbane, Australia

I bought the frozen shoulder course and found it very informative and useful. Have had clients for treatment for it. Still treating them and they are getting better. Very happy with the materials thank you. Have just ordered a bunch of more NAT courses.

» Mal Williams Sports Massage Therapist, Wales, United Kingdom

Another very useful trigger point course from NAT!

» Tanya Wolf Massage Therapist, St. Coud, Florida, USA

Love the way you all are helping us make the best of our careers with these trigger point courses! Looking forward to my certification!

» Demelza Ellis Massage Therapist, Cornwall, United Kingdom

I have just joined with Niel Asher to list my practice after purchasing some of your courses a few months ago. I'm extremely impressed with the results I'm getting with these trigger point techniques.

» Nicola Johnson Massage Therapist, Berridale, NSW, Australia

Received everything immediately and very impressed with what I received!

» Suzanne Lautz Singh Massage Therapist, Bodyworker, Anderson, Cincinnati

Neil Asher Technique is a game changer!

Research References:

Kelle, B., Guzel, R., & Sakall, H., (2015). The effect of kinesiio taping application for acute non-specific low back pain: A randomised controlled clinical trial. *Clinical Rehabilitation* doi: 10.1177/0269215515603218

Pamuk, U., & Yucesoy, C.A., (2015) MRI analyses show that kinesiio taping affects much more than just the targeted superficial tissues and causes heterogenous deformations within the whole limb. *Journal of Biomechanics* <http://dx.doi.org/10.1016/j.jbiomech.2015.10.036>

Ahn, I.K., Kim, Y.L., Bae, Y., & Lee, S.M., (2015). Immediate effects of kinesiology taping of quadriceps on motor performance after muscle fatigued induction. *Evidence-Based Complementary and Alternative Medicine* [http:// dx.doi.org/10.1155/2015/410526](http://dx.doi.org/10.1155/2015/410526)

Zhang, S., Fu, W., Pan, L., Xia, R., & Kiu, Y., (2015). Acute effects of Kinesiio taping on muscle strength and fatigue in the forearm of tennis players. *Journal of Science and Medicine in Sport* doi.org/10.1016/j.jsams.2015.07.012

The effects of taping on scapular kinematics and muscle performance in baseball players with shoulder impingement syndrome Yin-Hsin Hsua, Wen-Yin Chena,b,1, Hsiu-Chen Linc,1, Wendy T.J. Wanga,b, Yi-Fen Shiha,b

Szczegieliński, J., Luniewski, J., Bogacz, K., & Sliwinski, Z., (2012). The use of Kinesiio Taping for physiotherapy of patients with rheumatoid hand-pilot study. *Ortopaedia, Traumatologica & Rehabilitacja* 14, 23-30.

Song, C., Huang, H., Chen, S., Lin, J., & Chang, A.H., (2015). Effects of femoral rotation taping on pain, lower extremity kinematics, and muscle activation in female patients with patello-femoral pain. *Journal of Science & Medicine in Sport* 18 (4) 388-393

Copyright © Niel Asher Healthcare. All rights reserved.

No portion of this book, except for brief review, may be reproduced, stored in a retrieval system, or transmitted in any form or by any means - electronic, mechanical, photocopying, scanning, or otherwise - without the written permission of the publisher.

Niel Asher Healthcare

New York
112 W. 34th Street
18th Floor
New York
NY 10120

London
Belsize Health Clinic
16 England's Lane
London
NW3 4TG

www.nielasher.com

NielAsher.
Advanced Trigger Point Techniques



Stuart Hinds is one of Australia's leading soft tissue therapists, with over 25 years of experience as a practitioner, working with elite sports athletes, supporting Olympic teams, educating and mentoring others as well as running a highly successful clinic Australia.

Recognized for his expertise in working with elite athletes, Stuart has played a key role in soft tissue support with the Australian Olympics Team, since 2000, at four separate Olympics (2012 London Olympics, the 2008 Beijing Olympics, the 2004 Athens Olympics and the 2000 Sydney Olympics).

Niel Asher.
Advanced Trigger Point Techniques