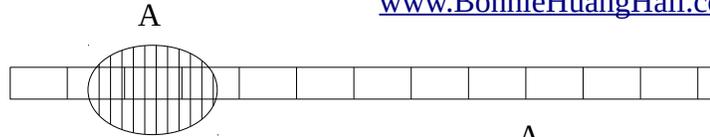
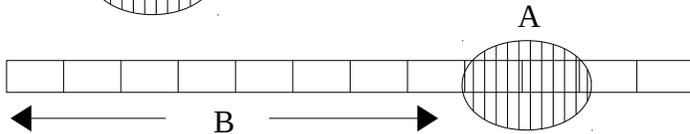


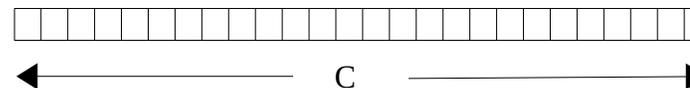
A. Tight, contracted, painful trigger points



B. Muscle fiber stretched, forming tight bands



C. Normal muscle fiber relaxed, soft



Trigger Points

Trigger points are small pea sized or rice sized knots in your muscles that can cause you a lot of pain. These knots are constantly contracted muscles that block blood flow and nutrients to your muscles, causing pain and even restricted range of motion if severe. They can cause headaches and joint pains, along with muscle aches.

Treatment includes:

1) Self Massage at location : _____

Stroke deeply in the direction of the muscle to stretch the knots out

Apply slow even strokes, about once every 1 second

Total time for each massage session 1-2 minutes

Have about 4-6 massage sessions a day (perform at every meal and bedtime)

2) Ice and Heat: Apply ice to affected trigger point till skin is cold (15-30s), then stretch muscle for about 1-2 minutes. Then apply a moist warm towel to warm up muscle. Perform daily.

3) Get Trigger point injection

Getting an injection with local anesthetic will help to dissolve the contracted muscle and provide pain relief at the same time, however, it is best to continue with self massage afterwards to keep the healing process going.

4) If recommended: [] Tylenol (acetaminophen) 500 mg every 4 hours is safe for most people. [] Alleve (Naproxen 250 mg) up to every 12 hours w/food is an anti-inflammatory pain reliever.

5) Get helpful massage tools as your hands will get tired due to the amount of pressure required to help break up the trigger points. Tennis balls against wall/floor, Theracane, knobble, and handheld massage tools.



6) Take a good multivitamin to make sure your muscles have adequate vitamins or minerals for optimal function. Quit smoking (destroys vitamin C). Muscles need adequate B vitamins, Vitamin C, folic acid, iron, magnesium, and potassium. Do not exceed limits.