

Natural Treatment for Pain

Trigger Point Therapy



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Pain is often frustrating

- “The specialist said I had mild osteoarthritis, but its too early to have surgery. Nothing can be done now.”
- “I went to physical therapy, but it didn’t help”
- “They told me I needed knee surgery”

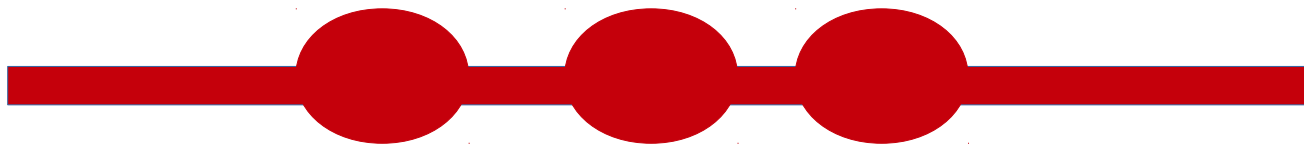
Pain is often misdiagnosed

- When pain isn't getting better, x rays and MRI's are performed to get a diagnosis
- Pain can be incorrectly attributed to arthritis or degenerative spine conditions
- Often times, the source of pain is NOT BONE, but MUSCLE!

What are Trigger Points?

Trigger points are small rice sized to pea sized knots in muscles.

They tend to cause pain in nearby areas by blocking blood flow and tightening muscles.



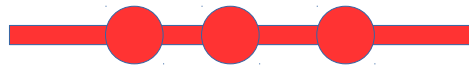
Trigger points along a tight muscle fiber

Trigger Points cause Pain

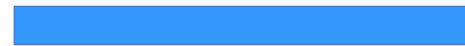
- In nearby joints
- On the head, face, arms, legs, chest, abdomen, and the back
- Headaches, stiff fingers/shoulders
- Tight muscles can compress nerves

Trigger Point Therapy

- Goal to stretch out the knots, improve circulation
- Pain will improve as muscle relaxes



Tight muscle with trigger points



Relaxed muscle

Trigger Therapy Components

1. Trigger Point Massage in the office
2. Daily home self-treatment
3. Optional:
 - for quicker relief, needling to dissolve trigger points

Trigger Point Therapy Heals

Dr. Hall's patients are glad they received help and relief.

