



1646 Military Hwy, Pineville, LA 71360

www.RedRiverRehab.com

Phone: (318) 443-9305

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Putting people's lives in motion

Trigger Points

- Discrete, focal, hyperirritable spots located in a taut (tight) band of skeletal muscle.
- Produce pain locally and in a referred pattern
- Often accompany chronic musculoskeletal disorders.
- May be caused by stress to muscle fibers due to:
 - acute (new) trauma or
 - repetitive microtrauma
- Most commonly effects muscles used to maintain posture (neck, shoulders, pelvic girdle)
- Palpation (light touch) of the trigger point will elicit pain directly over the affected area and/or cause radiating pain toward a zone of reference.
- You may have:
 - Regional pain
 - Persistent pain
 - Referred pain
 - Muscle spasms or tightening
 - Tension headaches
 - Decreased range of motion in affected muscles.



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Common areas of complaint

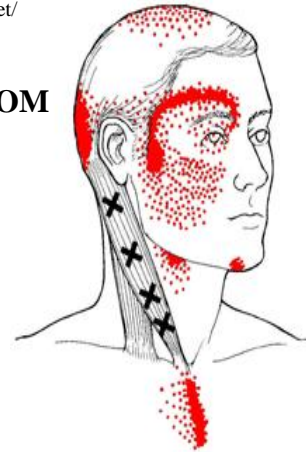
Photo Credit: <http://www.triggerpoints.net/>

PAIN IN THE UPPER TRAPEZIUS MUSCLE

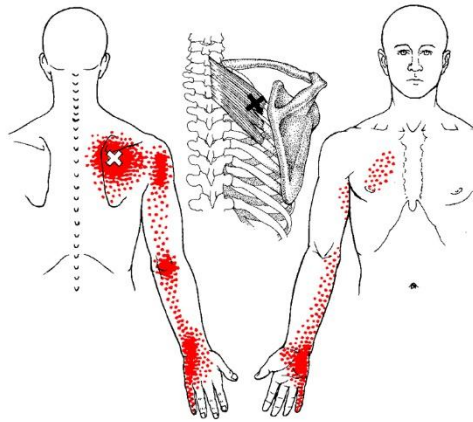


X=trigger point
 ■=location of pain
 ■=referral pattern of trigger point

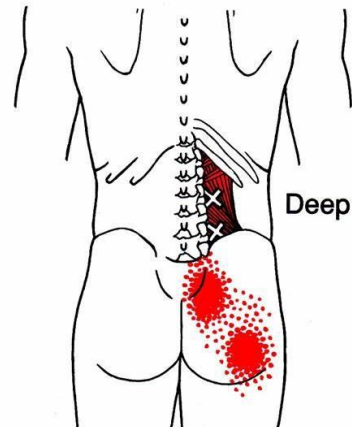
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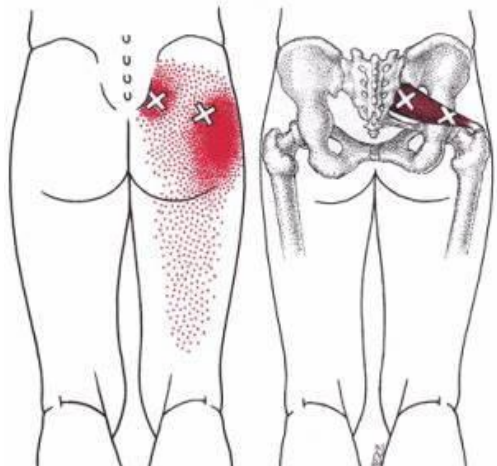
Rhomboids



Quadratus Lumborum



Piriformis



Iliopsoas

