

How Does It Work?

Trigger Point Therapy essentially loosens these knots, allowing improved blood flow to the chronically spasmodic areas. As a result, the areas begin to heal. As soon as the knots are relieved, there is often an immediate and remarkable reduction in pain, soreness, and discomfort, as well as the beginning of long term relief. If pursued properly over a number of sessions, the muscles will heal themselves and the symptoms will be abated. The treatment is simple, minimally invasive and quick. Improvement is usually noted after each visit.

Conditions Associated with TP

- Shoulder Pain
- Tennis Elbow
- Muscular Chest Wall Pain
- Low Back Pain
- Sciatica
- Knee Pain
- Ankle Pain

What is called myofascial pain or trigger point pain is frequently mistaken for:

- Fibromyalgia
- Myalgia
- Muscle Strain
- Chronic Joint Sprain

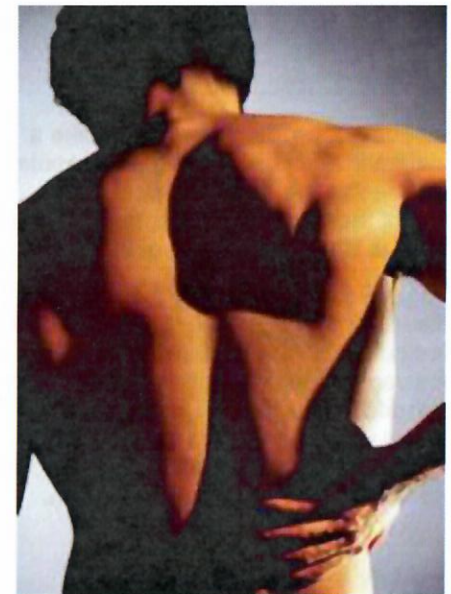
This is especially true when the symptoms persist long after the actual event or trauma that caused the pain.



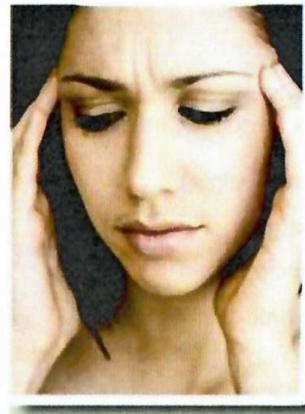
If you feel that your chronic or acute pain may benefit from Trigger Point Therapy, speak with your health care professional today.

Trigger Point Therapy

Trigger points may be part of your head, neck or back pain



Let Us Help You Break the Cycle of Pain



Pain and Trigger Points

Each day, 25 million Americans take a pain medication. Some of these people take medication daily for chronic pain. Most of these people prefer to avoid the possible long-term effects of these pills.

Trigger Point Therapy (TPT) works to relieve chronic, muscular pain without oral medication. This is a universally well received combination of clinically proven methods for the treatment of chronic muscular pain anywhere in the body. It is particularly well suited for chronic upper and lower back, neck and head pain.

What is Trigger Point Therapy?

Trigger points (myofascial pain) are small "knots" or areas of spasm, within a muscle. They may be tender when touched, or cause shortening of a muscle. The shortening may then cause limitation in the range of motion of the affected area (for example, in neck rotation). Trigger points may even cause "referred pain" – pain that is felt in a distant location when the trigger point is touched.



The pain from these points may come and go spontaneously, or linger hours, days, even months.

These little spasms within the muscle are physical knots which are responsible for the discomfort, pain, soreness, or tightness that is felt. These knots may produce a chronically sore and shortened muscle.

What Causes Trigger Points?

There are many causes: accidents, misuse, overuse, misalignments, disc and other spinal problems. The resulting inflammation, along with emotional stressors, cause muscle cells to contract. When the muscle cells contract continuously, thereby constricting their own blood supply, there is a local "energy crisis" for the cells. When this occurs, the cells do not have enough energy to stop contracting, and prolonged spasm and trigger points ensue.

