



A trigger point is part of a muscle that becomes contracted or shortened.

CAUSES

- Overload of a muscle
- Overexertion of a muscle
- Muscle trauma
- Muscle tension
- Muscle that is in constant stretch
- Structural deformity
- Postural changes
- Myofascial adhesions

SYMPTOMS

- Pain at the site or referred to another area
- Feels like a knot or tight band
- Decrease range of motion
- Weakness
- Dizziness
- Ringing in ears
- Skin sensitive to touch

TREATMENT

- Medication
 - NSAIDS help decrease swelling and pain. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Muscle relaxants
- Physical therapy
- Stretching
- Massage
- TENS unit
- Trigger point injections

SEEK MEDICAL CARE IF:

- Your pain has not improved after two to three injections.
- You have pain that is not relieved with rest or medicine.
- You have pain that does not improve in one week.
- You have new symptoms.
- You are generally not feeling well.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have chest pain or trouble breathing.