

Trigger Points

When experiencing pain you might have all sorts of unpleasant physical reactions. Some responses are tight muscles, which may progress to localized knots known as trigger points, and even muscle spasms. These responses are not a good thing and can spread into more intense pain. Trigger points are usually caused when a muscle is injured or overworked. This can cause joint pain, headaches, neck and jaw pain, back pain, tennis elbow, and carpal tunnel syndrome. Trigger points can produce referred pain, referred tenderness, motor dysfunction, and autonomic phenomena. The lack of exercise, prolonged poor posture, vitamin deficiencies, sleep disturbances, and joint problems may all influence the development of micro-trauma. Occupational or recreational activities that produce repetitive stress on a specific muscle or muscle group can cause chronic stress in the muscles and lead to trigger points.



These painful muscle knots arise as a consequence of mechanical disturbances and stress in the rest of the body. Attempting to treat trigger points with injections or medications misses the real problem. Trigger points are best managed by directing care to the underlying issues, primarily involving loss of full mobility of spinal vertebrae and resultant inflammation in spinal muscles.

The best solution to these types of pain involve finding the underlying cause of the problem. Usually the underlying cause is biomechanical. Often pain results from the lack of full mobility of spinal vertebrae and result in irritation and inflammation. Problems may form when the irritation and inflammation start to affect spinal nerves. If there is nerve inflammation, that could cause problems with other tissues and organs.

By addressing the underlying cause of biomechanical pain, chiropractic care can help restore maximum function to the spinal column and spinal nerves. The long-term result is enhanced health and well-being for you and your family.

This muscular pain can be relieved through applying pressure to trigger points and through stretching exercises. Applying pressure to the areas experiencing pain can assist with redevelopment of muscles and help restore motion to joints. By strengthening, toning, and massaging pain areas, flexibility and strength can be regained. Benefits of fixing trigger points include: relieving pain, increasing mobility of the spine and muscles, stress relief, relief of headaches, and improved flexibility and circulation.

Call us today at *Appleton Chiropractic* if you have any more questions or want to schedule an appointment!

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References:

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