



TRIGGER POINTS

Trigger points are tender spots that are found in the muscle. They feel sore when touched, can cause pain locally, and can also send pain signals to other areas of the body.

It is important to work on loosening and desensitizing these areas to make exercise and stretching more effective, and to reduce and prevent tightness from daily and work activities.

TRIGGER POINT MUSCLE RELEASE

Follow these basic concepts for performing trigger point muscle release

- Perform self massage 1-2 times per day. Start off using light force and progress to deeper force
- It will feel uncomfortable and that is normal. The discomfort should not be more than a 6/10 on a 0 to 10 scale, where 0 means you have no pain at all and 10 means you should be heading to the emergency room.
- Find the most tender area and compress or massage the area for between 1-2 minutes.
- Do not actively contract the muscles you are trying to massage.
- Remember, less is more! If you overwork the sore spots, they can get more irritated.
- Some tools you can use for massage are a small ball, foam roller, massage gun, and yourself. **DO NOT** place balls/massage gun over bony areas or directly on the spine. If using a foam roller, support your body weight with your hands or feet to avoid putting too much pressure on the spine.

Scan the QR code for more information on trigger points

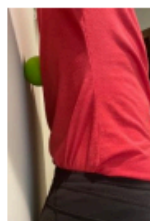




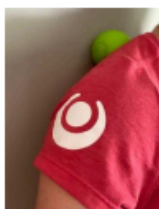
SELF MASSAGE



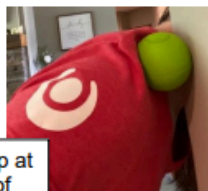
Sub Occipital (neck)
Release on Ground



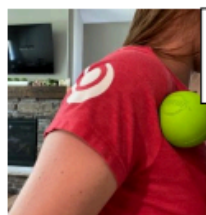
Rhomboids
and Thoracic
Paraspinals
(midback) on
Wall



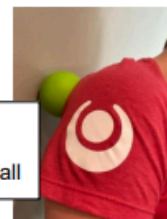
Upper
Trap on
Wall



Upper Trap at
Corner of
Wall



Pec (chest)
muscles on
Corner of Wall



Posterior
Shoulder
Muscles on Wall



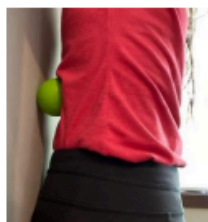
Calf Muscles on
the Ground



Plantar Fascia
on Ground
Seated in Chair

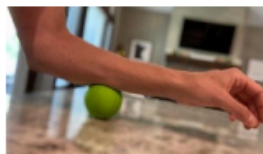
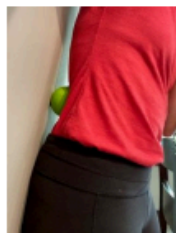


Glute (hip)
Muscles on
Wall



Lumbar Paraspinals
(low back) on Wall

Quadratus Lumborum
(low back) on Wall



Forearm and Hand
Muscles on Table

Questions? Concerns?

Reach out to your OSSPT Physical Therapist
to set up a consultation.

