

CONTRIBUTOR

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# SEARCHING FOR TRIGGER POINTS: TIPS TO CONSISTENTLY RELIEVE PAIN

How much do you really know about trigger point therapy? Most likely you received 15 to 30 hours of training in trigger points in your massage school, or at least have purchased charts with referral patterns and books on trigger points. But did you learn a systematic approach to identifying likely culprits and resolving perpetuating factors – the things that cause and keep trigger points activated?

Would you like to dramatically increase your success rate with resolving your client's pain? Since about 75% of pain is caused by trigger points, learning how to treat them is essential to a successful medical-massage practice.

What you do with your brain is far more important than what you do with your hands. Massage therapists can



muscles to search for trigger points. You also need to know how to assess your clients for perpetuating factors, the conditions that cause and keep trigger points activated. Teaching self-help techniques helps your clients participate in their healing process and provides them with tools they can use in the future.

By using the six following steps, you can achieve consistent results.

## STEP ONE

Medical histories and pain mapping: get a comprehensive medical history from your client which at a minimum identifies all of the potential perpetuating factors that may be causing their trigger points.

manually treat trigger points by applying pressure for eight to sixty seconds, by repeated stroking or with a combination of or variations on those techniques. But for any technique to work (whether

successful) treat trigger points by applying pressure for eight to sixty seconds, by repeated stroking or with a combination of or variations on those techniques. But for any technique to work (whether

manual therapy or needling), it must be applied in the correct place.

Trigger point therapy is like doing "detective work," you need to know how to use the "pain guides" to determine which

TRIGGER POINTS (CONTINUED ON 17)