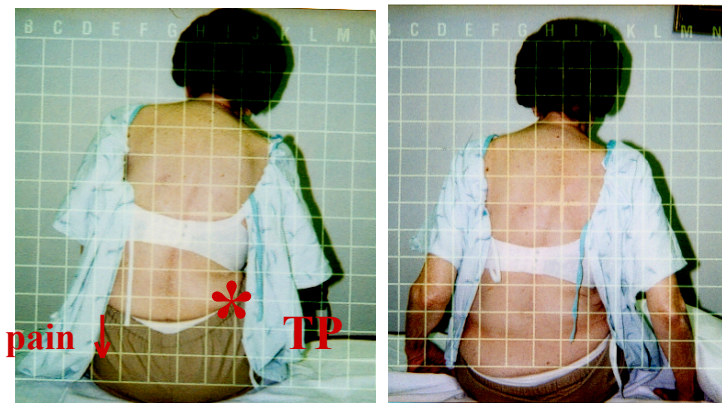


TRIGGER POINT TREATMENT - Trigger or Tender Point Releases, also known as: Indirect (“Functional”) Techniques or “Strain/Counterstrain”

- Pathological stretch results in clinical “tender point”
- Body may adapt and the proprioceptors perceive a strain before normal tissue length is reached
- Body unable to shut off the message
- Tender Point Signs and Symptoms
 - Exquisite pain on palpation
 - Local edema
 - Often due to
 - Poor positioning over extended time
 - Repeated poor mechanics during ADL or exercise



- Patient example –right quadratus lumborum TP after years of left hip pain – (notice shoulder height difference) able to sit with more symmetrical posture after treatment.
- Treatment technique example: Palpate tender point, Side bend trunk via top LE, Fine-tune SB/ Rotation via either Shoulder girdle or Ischial tuberosity

