

Find out how



TRIGGER POINTS

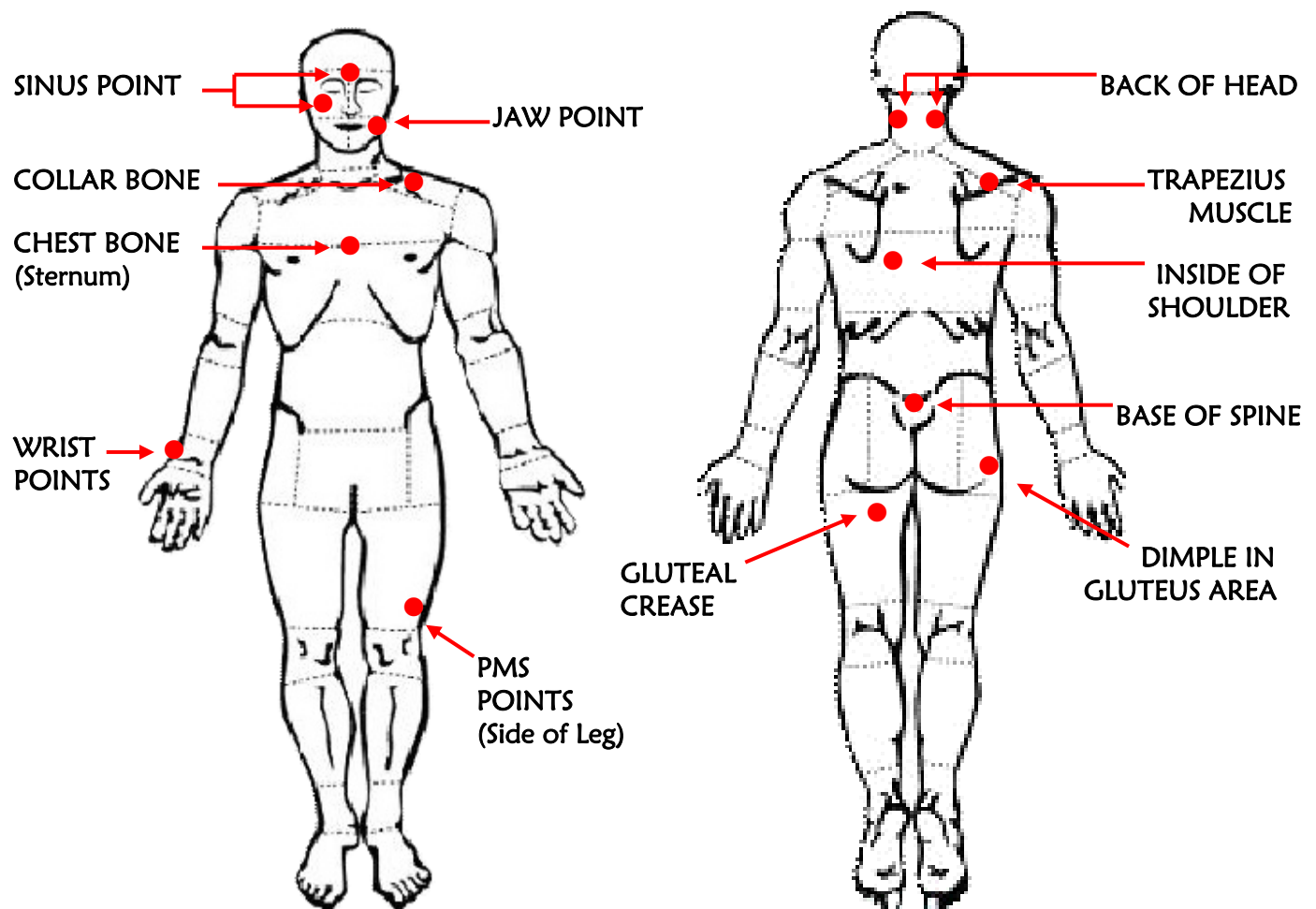
can affect
your health

*Information that will help
improve the quality of your life*

Presented to you by:

THE SPINE CENTER
CHIROPRACTIC

Location of TRIGGER POINTS in the Body

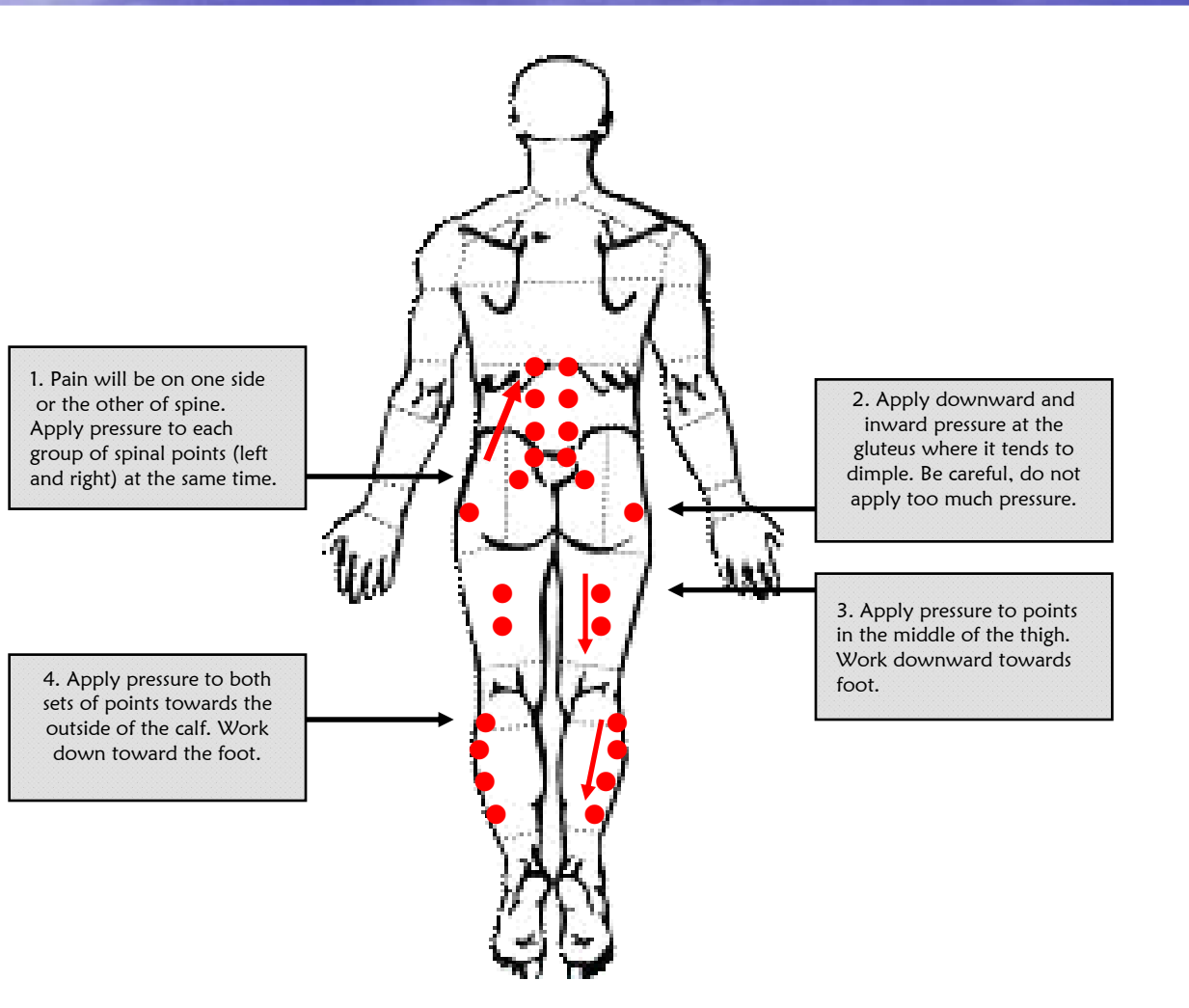


What are TRIGGER POINTS?

Individuals are affected by stress in a variety of ways. Excess stress that cannot be eliminated from the body is stored in areas that we call *trigger points*. This stored energy usually occurs along a nerve or nerve pathway, which can result in diminished nerve flow and can ultimately affect your health. Many conditions like headaches, TMJ, and carpal tunnel syndrome can be linked to nerve interference.

By holding pressure on these points you can loosen the tightness in the area, reduce the amount of stress the body stores, and improve your health.

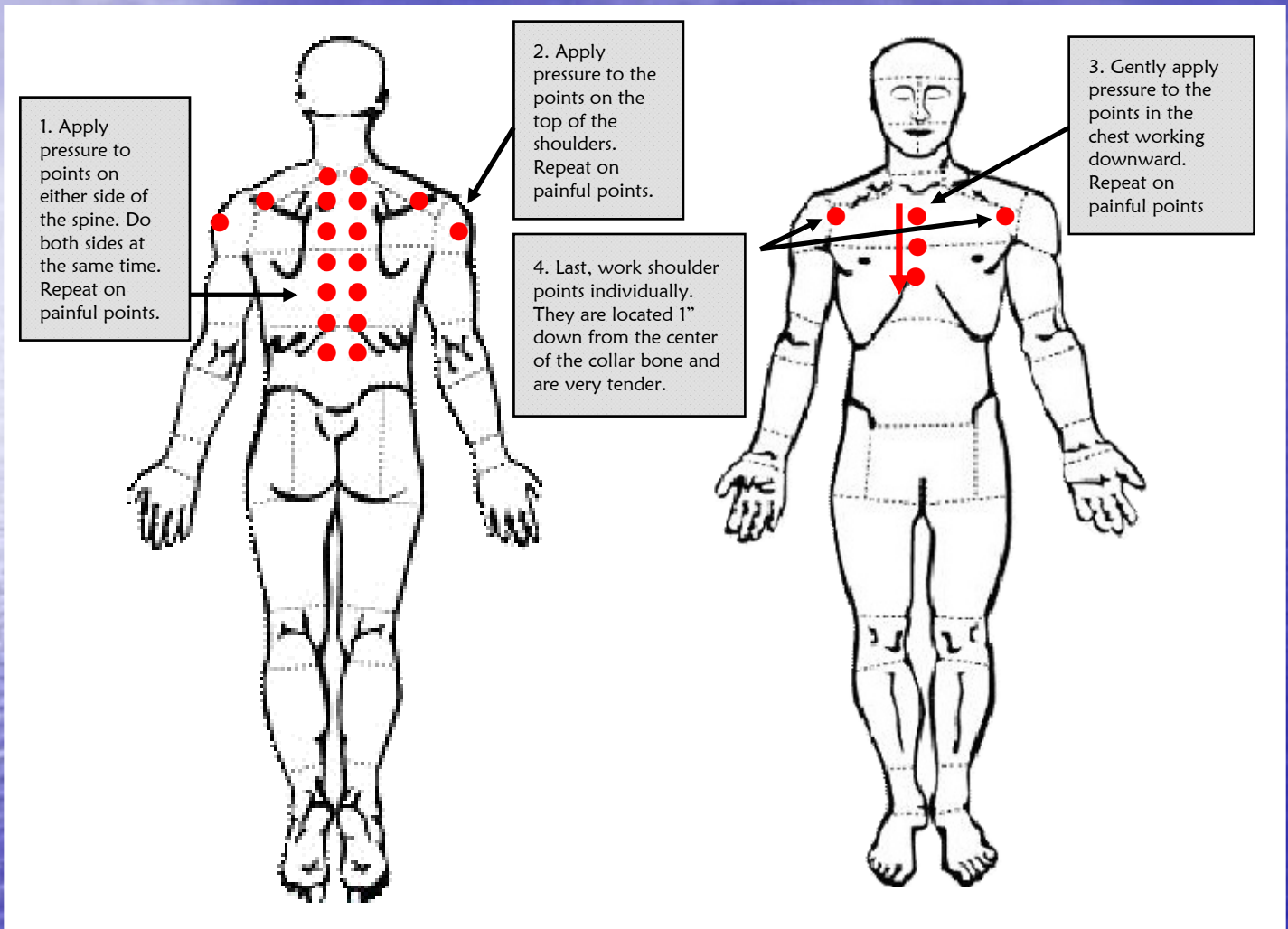
Is there any relief for LOW BACK PAIN?



How do TRIGGER POINTS affect low back pain?

Eight out of ten Americans will suffer from back pain at some time in their life. If you spend long periods of time sitting, or lifting regularly, you are more prone to have problems with back pain. Stress stored in the trigger points can be a contributing factor to low back pain. You can significantly reduce the amount of stored stress by working the trigger points in the lower back and legs. If your pain returns, you will need to seek professional help to determine if there is a structural defect causing your symptoms.

Relief from Lack of Energy and Fatigue

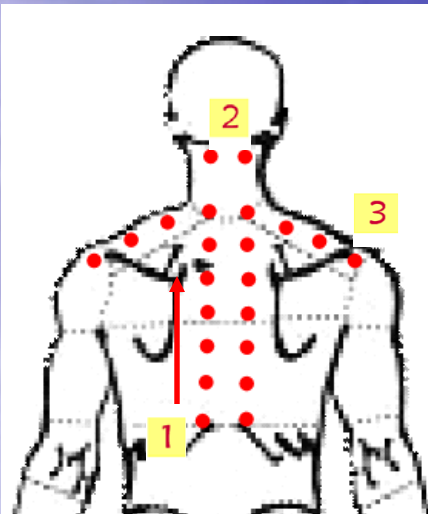


Why am I so tired?

Fatigue has become a common part of daily life in today's society. Stored stress can be a major contributing factor to diminished energy. If that is the case, the symptoms will not go away until this stored stress is removed from the body.

If fatigue persists, a lifestyle change may be necessary. If fatigue becomes chronic without any relief despite these changes, then you may need to seek medical attention to rule out any serious problems.

Relieving neck pain



1. Neck pain is often caused by blocked trigger points or muscle spasms in the upper back. Work on both trigger points on either side of the spine at the same time.

2. Next work on the points at the base of the skull. These may be very tender and may need to be worked several times during this process.

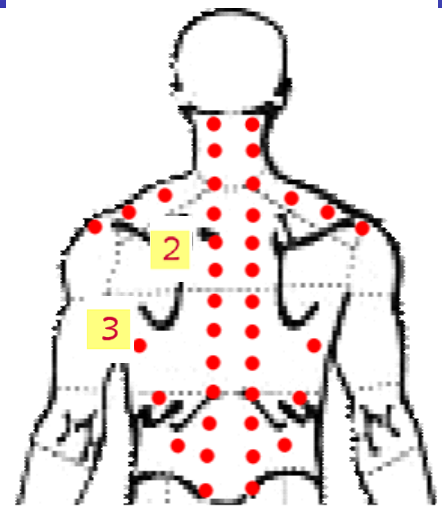
3. Finally, work on the points at the shoulder last. These points are almost always sore so work carefully.

Relieving pain in the upper and mid back, and shoulders

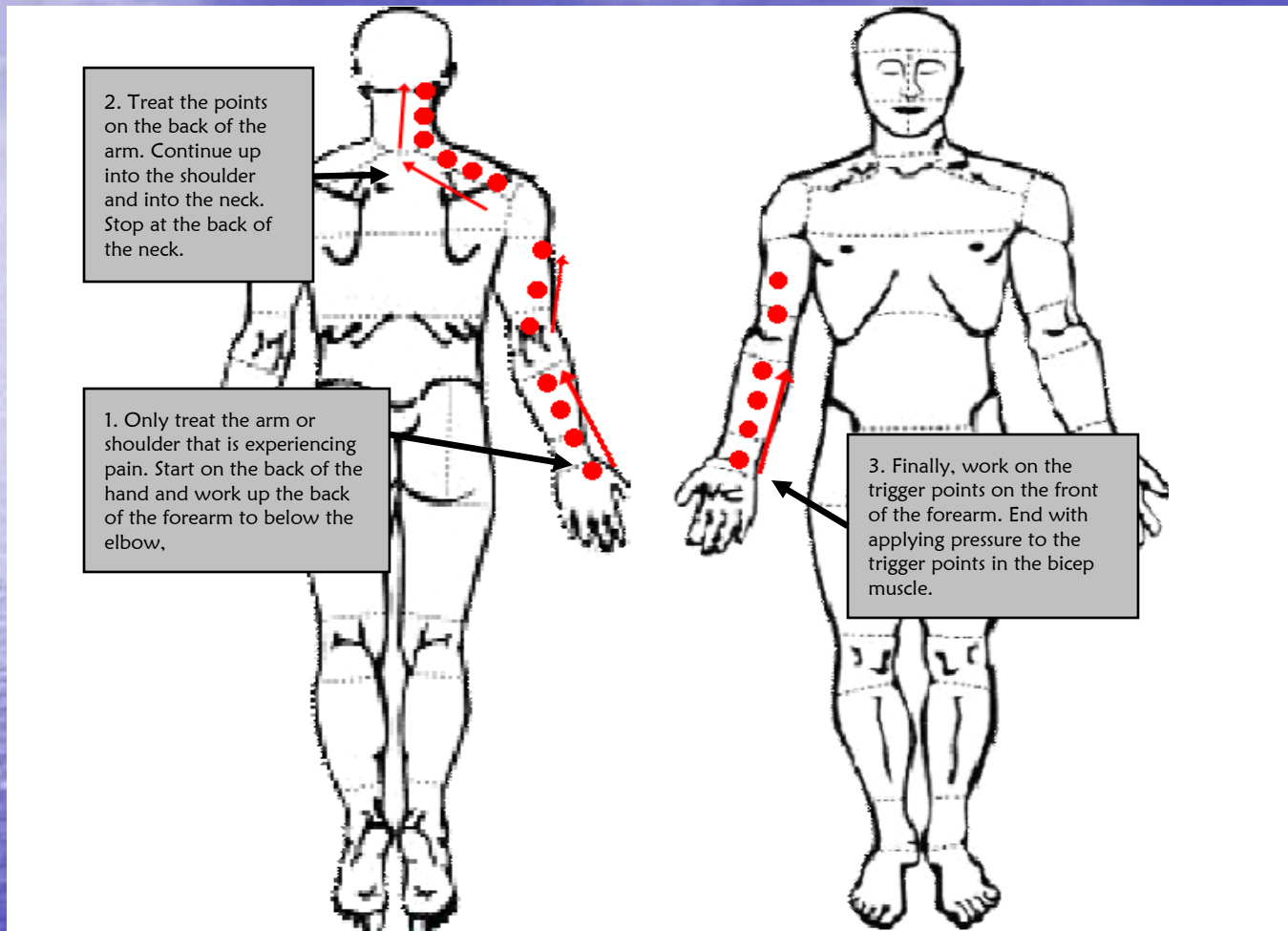
1. First, apply pressure to the points in the neck. Work all the way down the back to the tailbone towards the legs. Repeat the process on tender points.

2. Next, apply pressure to the points in the upper shoulders area repeating the process on tender points.

3. Finally, work on the points over the shoulder blades. Repeat the process on tender points



Relief from wrist and arm pain or Carpal Tunnel Syndrome



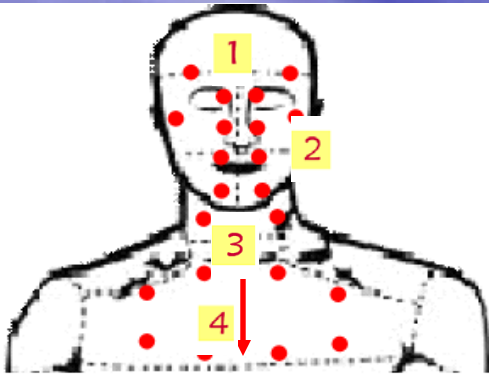
What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome results from a compression of the nerve that feed the hands and wrist. The nerve, called the median nerve, starts in the neck and passes through the shoulder region down the arm through the carpal tunnel

(a formation of the wrist comprised of tendons and bones) to the hands and fingers. It may be first noticed as weakness in hand grip and numbness or tingling in the fingers. The symptoms are often worse at night.

By massaging the sensitive trigger points above, the muscles in the wrist can relax and nerve flow to the area is improved.

Relief from sinus pressure, colds, and congestion



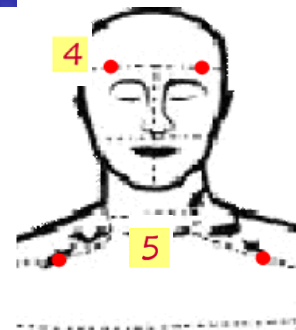
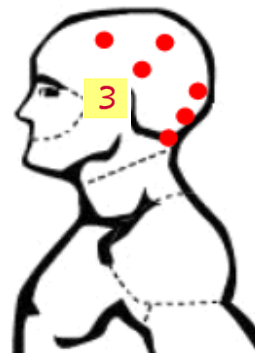
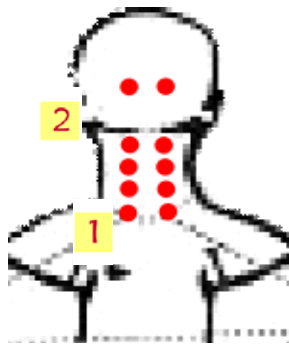
1. Begin by applying pressure to the trigger points directly above eyes, in the center of the forehead. Work on both points at the same time.

2. Next apply gentle pressure to the points in the middle of the face. These points are typically very tender. Work on both points at the same time. Repeat forehead then lower face points on right, then repeat with forehead and points on the left. Do this several times.

3. Work on the chest points. The left and right trigger points are in the center of the collar bones, one inch down. The center points begin below the bony notch in the throat area and in the center of the chest. Work one point at a time and repeat on sore points.

4. Last, lightly strip or massage the sternocleidomastoid (SCM) muscle to help release the lymphatic system.

Relief from headaches



1. Start in the lower neck and work upward.

2. These two trigger points at the base of the skull are usually very tender. Work out gently until they release.

3. Work on the point over the temple one half to one inch above the ear. This is also very tender so work carefully and gently.

4. This point is directly above the eye, one half inch up. It may be a very tender point.

5. Last, treat points in the notch under the clavicle. The pressure is from front to back. Repeat the pattern two to three times as needed.