



["So, What IS Trigger Point Therapy, Anyway?!"](#)

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Q: What is Trigger Point Therapy and how can it help me?

A: Trigger Point Therapy is employed to address chronic muscular dysfunction and relieve very specific pain complaints.

Having dedicated 290 hours of study exclusively to Trigger Point Therapy at the renowned Texas Healing Arts Institute in Austin, Texas, we are both highly qualified Trigger Point Therapists. Developed and documented by President John F. Kennedy's personal physician, Janet Travell, M.D., Trigger Point Therapy involves identifying and releasing trigger points in dysfunctional muscles, as indicated by telltale sensations (including pain, tingling, numbness, etc.) in specific pain referral zones (which often extend far beyond the actual trigger point).

A qualified Trigger Point Therapist has studied the locations within specific muscles where trigger points are likely to form; the pain referral zones that correspond to each trigger point; other unique sensations that may be produced by certain trigger points (tingling, numbness, heaviness, burning, etc.); and various techniques that are effective in releasing trigger points.

While the manual release of trigger points can, in the short term, exacerbate their inherently exquisite tenderness, clients generally find the longer term pain relief, increased range of motion, and improved quality of life to be well worth any discomfort that may accompany a Trigger Point Therapy session.

Muscles that are inhibited by trigger points (which can, for simplicity's sake, be called knots), are not able to function normally. They are often prevented from stretching and / or contracting optimally, and are often rendered weak and dysfunctional by the presence of the trigger points. Dissolving the trigger points in muscles allow the muscles to function more optimally, which will ideally facilitate muscular balance and proper posture.

Ample amounts of water must be consumed following a Trigger Point Therapy session in order to facilitate the removal of the significant metabolic waste products that the dissolved trigger points release into the blood stream. Otherwise, bruising and soreness may result.

If you would like to read more about the history of Trigger Point Therapy, go to <http://www.painschool.com/jfk.html> to read an informative article on the Pittsburgh School of Pain Management's website. The article, by John Zlatic, originally appeared in Back to Health Magazine in June of 1989.

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