WHAT ARE TRIGGER POINTS?
Muscles consist of many muscle cells or fibers, bundled together and surrounded by connective tissue. When a trigger point is present in a muscle, many muscle fibers are contracted forming a small thickened area or nodule in the muscle, leaving the rest of that band of connected muscle fiber stretched thin. A “knot” or “tight band” is found in the muscles when several of these points are in the same area.

HOW ARE TRIGGER POINTS FORMED?
Trigger points may form after a sudden trauma or injury, or they may develop gradually over time. Common factors that can lead to trigger points include:
- Mechanical stresses to the body
- Emotional stress
- Repetitive overuse
- Injuries
- Nutritional problems
- Sleep problems
- Acute or chronic infections, organ dysfunction
- Diseases or other medical conditions

WHAT IS REFERRED PAIN?
The pain associated with a trigger point may not be located directly where the trigger point lies. Trigger points may send (or refer) pain to other areas of the body. In fact, approximately half the time, trigger points are NOT located in the same place as where the patient feels the symptoms.

WHAT ARE THE SYMPTOMS?
Trigger points can cause:
- Muscle weakness
- Loss of coordination
- Generalized tightening
- Loss in range of motion
- Inability of the muscles to tolerate use—in other words, those muscles are fatigued more easily and don’t relax as quickly once the muscle use stops

Trigger points also can cause symptoms not normally associated with muscle problems, such as:
- Headaches
- Jaw pain
- Swelling
- Ringing in the ears
- Loss of balance
- Dizziness
- Urinary frequency
- Buckling knees, tearing of the eyes, stiff joints, generalized weakness, twitching or trembling
- Areas of numbness or other sensations

HOW CAN NEUROMUSCULAR THERAPY HELP?
The goal of the therapy is to relieve the pain and any other dysfunction by having the therapist locate and deactivate those points by using varying amounts of pressure. Many times, pain relief and increased range of motion can be experienced immediately. Following the deactivation of the trigger point, the therapist will gently stretch the muscles to help “retrain” them—helping to prevent the pain and trigger point from reactivating.

WHAT IS THE COST?
A session lasts for one hour and costs $75.

Integrative Medicine Services: Clinical Massage Therapy
- Massage Cupping • Energy Balancing w/Reiki • Guided Imagery
- Naturopathy • Medical and TCM Acupuncture • Scar Therapy
- Skin Care • Gentle Yoga • Meditation

To make an appointment, please call Beaumont Integrative Medicine at Royal Oak 248.551.9990, Troy 248.964.9200 or Rochester Hills 248.267.5660.