

Trigger Points by Brad Surette, BA, RMT

According to Wikipedia, trigger points are hyperirritable spots of skeletal muscle tissue that are associated with palpable nodules in taut bands of muscle fibers. What the...huh?

Basically, a trigger point is a muscle knot with benefits. The “benefits” being that not only does the muscle knot cause you

pain but so does the well-known referral pattern that is quite often associated with a trigger point.

Whenever a tissue becomes stressed or damaged there is an opportunity for a trigger point to form. Waste product and toxins become trapped inside the taut band of muscle and the expected fresh supply of nutrient-rich blood

is blocked or interrupted. To get our attention that something is wrong the body sends out a pain signal.

An ischemic compression, then a stretch followed by heat to the affected area will do the trick. Your RMT is trained in the proper protocol for trigger point release.
- Brad L. Surette, BA, RMT