



FAQ for Radialspec

What is Trigger Point Therapy?

Trigger point therapy is a bodywork technique that involves the applying of pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body. Sometimes massage and trigger point therapy are performed together.

Trigger point therapy is also called myofascial trigger point therapy. It was developed by Dr. Janet Travell in the United States in the 1940s.

What are Trigger Points?

Trigger points are areas of tenderness in a muscle. There are two basic types of trigger points: active and latent.

Active trigger points cause muscular pain and will refer pain and tenderness to another area of the body when pressure is applied. Latent trigger points only exhibit pain when compressed, they do not refer pain to other areas of the body. Latent trigger points are believed to be one of the causes of stiff joints and restricted range of motion of old age.

Trigger points may be associated with myofascial pain syndromes or [fibromyalgia](#). Trigger points are very common. They are also referred to as muscle knots.

Trigger points differ from acupuncture points. Acupuncture points are concentrations of energy or blockages of the body's energy pathways. Trigger points are physical phenomena that can be felt by touch.

The pain caused by trigger points may be the biggest cause of disability and loss of time in the workplace.

What Causes Trigger Points?

Trigger points have several causes. Some common causes are: birth trauma, an injury sustained in a fall or accident, poor posture, or overexertion.



What is the Purpose of Trigger Point Therapy?

The purpose of trigger point therapy is to eliminate pain and to re-educate the muscles into pain-free habits. After several treatments, the swelling and stiffness of neuromuscular pain is reduced, range of motion is increased, tension is relieved, and circulation, flexibility and coordination are improved.

What is Deep Tissue Massage?

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fiber's of the muscles, tendons and fascia.

Deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles not with the grain. Deep tissue massage helps to break up and eliminate scar tissue. Deep tissue massage usually focuses on more specific areas and may cause some soreness during or right after the massage. However, if the massage is done correctly you should feel better than ever within a day or two.

Why get a Deep Tissue Massage?

It feels good and it is beneficial to your health. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. A deep-tissue massage helps loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly. Because many toxins are released, it's important to drink plenty of water after a deep-tissue session to help eliminate these toxins from the body.

What is the purpose of Deep Tissue Massage?

The purpose is to "unstuck" the fibers of a muscle while releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle. It is both corrective and therapeutic.



What are the most common sports injuries?

These are the most common sports injuries that need attention in order to heal properly. Some can be treated at home and some require a trip to the doctor.

Abrasions

Description: Injuries that result from a fall on a hard surface that causes outer layers of skin to rub off.

Achilles Tendon Rupture

Description: The exact cause of rupture of the Achilles tendon is not known. As with Achilles tendonitis, tight or weak calf muscles may contribute to the potential for a rupture.

Ankle Sprains

Description: The most common of all ankle injuries, an ankle sprain occurs when there is a stretching and tearing of ligaments surrounding the ankle joint.

Anterior Cruciate Ligament(ACL) Injuries

Description: ACL partial or complete tears can occur when an athlete changes direction rapidly, twists without moving the feet, slows`down abruptly, or misses a landing from a jump

Blisters

Description: A fluid-filled sack on the surface of the skin that commonly occurs on the hands, or the feet.

Clavicle Fractured (Broken Shoulder)

Description: A shoulder fracture typically refers to a total or partial break to either the clavicle (collar bone) or the neck of the humerus (arm bone). It generally is from an impact injury, such as a fall or blow to the shoulder

Concussion

Description: A concussion is typically caused by a severe head trauma where the brain moves violently within the skull so that brain cells all fire at once, much like a seizure.

Delayed-Onset Muscle Soreness

Description: Muscle pain, stiffness or soreness that occurs 24-48 hours after unaccustomed, or particularly intense exercise.



Hamstring Pull, Tear, or Strain

Description: Hamstring injuries are common among runners. The hamstring muscles run down the back of the leg from the pelvis to the lower leg bones, and an injury can range from minor strains to total rupture of the muscle.

Knee Pain

Description: Knee pain is extremely common in athletes. In order to treat the cause of the pain, it is important to have an evaluation and proper diagnosis. Common reasons for knee pain in athletes include the following.

Iliotibial (IT) Band Friction Syndrome

Description: Knee pain that is generally felt on the outside (lateral) aspect of the knee or lower thigh often indicates Iliotibial (IT) Band Friction Syndrome.

Muscle Cramps

Description: A cramp is a sudden, tight and intense pain caused by a muscle locked in spasm. You can also recognize a muscle cramp as an involuntary and forcibly contracted muscle that does not relax.

Overtraining Syndrome

Description: Overtraining syndrome frequently occurs in athletes who are training for competition or a specific event and train beyond the body's ability to recover.

Plantar Fasciitis

Description: Plantar fasciitis is the most common cause of pain on the bottom of the heel and usually defined by pain during the first steps of the morning.

Shin Splints

Description: Shin Splints describes a variety of generalized pain that occurs in the front of the lower leg along the tibia (shin bone). Shin Splints are considered a cumulative stress injury.

Shoulder Tendinitis, Bursitis, and Impingement Syndrome

Description: These conditions similar and often occur together. If the rotator cuff and bursa are irritated, inflamed, and swollen, they may become squeezed between the head of the humerus and the acromion.

Sprains

Description: These are acute injuries that vary in severity but usually result in pain, swelling, bruising, and loss of the ability to move and use the joint.



Stress Fracture

Description: Stress fractures in the leg are often the result of overuse or repeated impacts on a hard surface

Tennis Elbow (Lateral Epicondylitis)

Description: the number one reason people see their doctor for elbow pain. It is considered a cumulative trauma injury that occurs over time from repeated use of the muscles of the arm and forearm that lead to small tears of the tendons.

Torn Rotator Cuff

Description: A common symptom of a rotator cuff injury is aching, and weakness in the shoulder when the arm is lifted overhead.