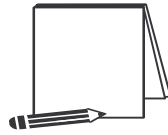


Slide 1

Welcome to the Trigger Point
Workshop!
Part 1 Head & Neck

Dr. Nicole D'Ippolito



Dr. Emily Muscarella

Please complete surveys before we
begin.

Thank You!

What is a Trigger Point?

- Extremely sore points that can occur as ropy bands throughout the body.
- Muscles around these sore points tighten up (“on guard”)
- Over time these muscles stay in a state of sustained contraction.
- A working muscle needs more nutrition and oxygen, and produces more waste than a nonworking muscle.
- This creates an environment where the muscle is starved for food and oxygen and loaded with toxic waste.

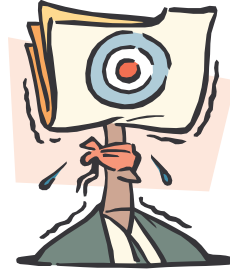
Who are mostly affected by TP's?

- Women
- Age 30-50
- Muscles mostly affected are the Trapezius, Levator Scapula and the Axial Postural Muscles



There are many types of TP's

1. Active TP's
2. Latent TP's



Latent Trigger Points

- Asymptomatic
- Have them & don't even know



Active TP's

- Always tender
- Prevents full lengthening of muscle (decreased range of motion)
- Refers pain on direct compression
- Twitches when stimulated



Slide 7

Healthy muscles do not have TP's!!!

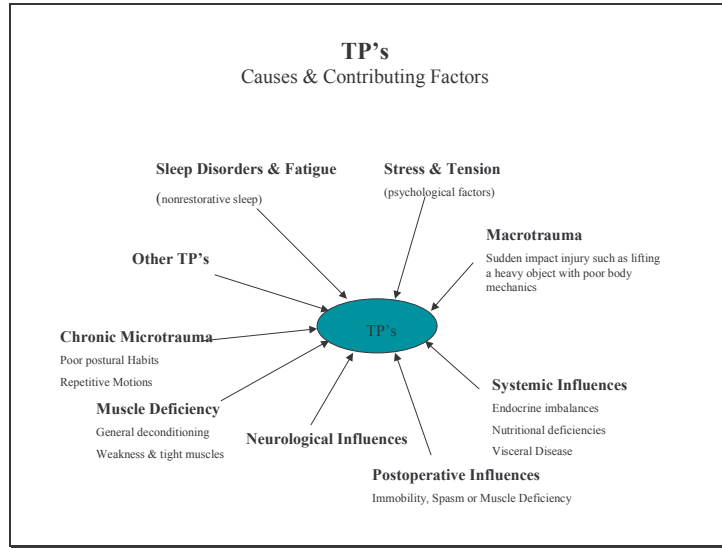


How are TP's Formed?

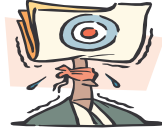
“The formation of TP's usually relates to some form of damage to muscle cells, either from gross trauma such as a strain injury or from micro trauma such as repetitive muscular tension.”

JMPT Vol 18 Number 6 July/Aug, 1995.

Slide 9

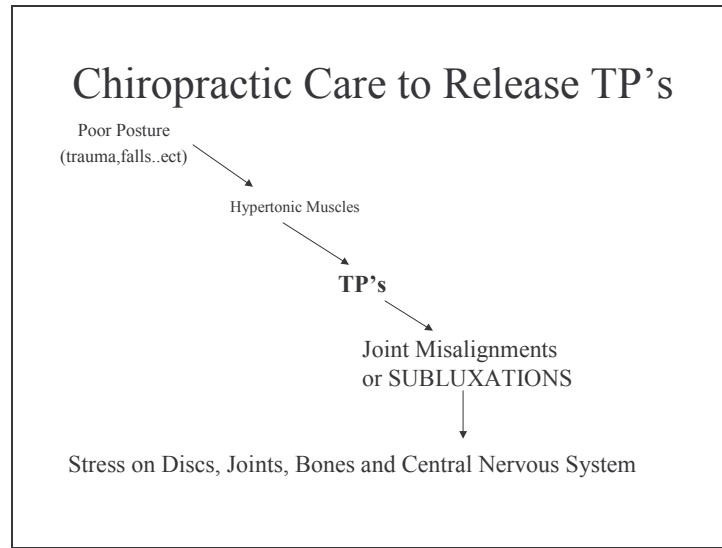


How are TP's Released?



Eliminate **STRESS** from your life!

1. Chemical Stress (caffeine, nicotine, sugar, hydrogenated foods...ect)
2. Physical Stress (Prolonged Sitting, Lifting heavy objects with poor body mechanics)
3. Emotional Stress (Worrying about job, family, children...ect)



**Chiropractic care works to
correct posture!**

*“Trigger point pain stops after the
correction of posture.”*

Dependence of tender points upon posture, Jnl of
Manual Medicine (1990) 5:169-174.

Ischemic Compression

1. Feel a muscle with adequate pressure feeling for a ropy band
2. Feel for a tender spot in the ropy band
3. Apply additional pressure on the tender spot and ask your partner if pain is reproduced along the specific zone.
4. Feel for a twitch while applying pressure on tender spot
5. Amount of pressure used should cause mild discomfort to partner
6. Hold 10 seconds or until partner no longer feels tenderness
7. Corrective Stretches for the muscle that just had the TP released

Warning!



1. May cause some discomfort!
 2. May be sore the next day!
 3. Do not over-treat! Only treat a TP 2-3 times in one day.
- *Never use this method 2 days in a row!

Muscles of Head & Neck

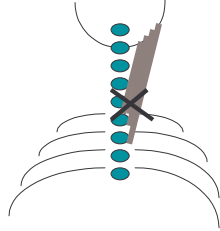
- Spenius Capitis
- Occipital Attachments
- Sternocleidomastoid
- Upper Trapezius
- Levator Scapulae
- Scalenus Anticus
- Rhomboids

Splenius Capitis

Symptoms: Headache on top of head, blurred vision

Activation: Prolonged extension or head rotation (Example bird watching, falling asleep with head and neck bent in a crooked position)

Corrective Stretch: Place your hands on the back of your head & pull your head down & forward in flexion

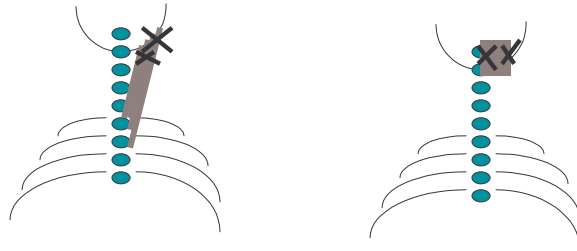


Occipital Attachments

Symptoms: Headaches, Tenderness over the back of the head & neck

Activation: Prolonged flexion (example falling asleep on couch reading a book)

Corrective Stretch: Place your hands on the back of your head & pull your head down & forward in flexion

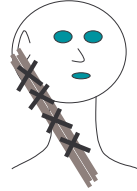


Sternocleidomastoid

Symptoms: "classic migraine", frontal headache, earache, pain above eyes, vertigo, soar throat, blurry vision, hearing loss

Activation: Whiplash

Corrective Stretch: Turn head to one side, as far as it will comfortably go. Then extend your head until you feel a stretch in the front of the neck.

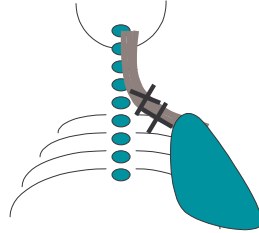


Upper Trapezius

Symptoms: Pain is on one side of head, “tension neckache”, pain can refer to temple and behind the eye, causes temporal headaches

Activation: Anxiety, purse, hold head to one side, armrests too high or too low, stomach sleeper, phone

Corrective Stretch: Sit on the hand of the side to be stretched. Then using the other hand pull the neck to the opposite side.

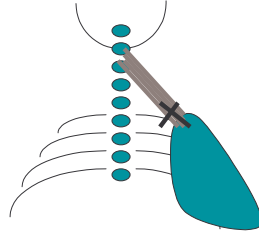


Levator Scapulae

Symptoms: "Stiff neck", cannot turn head to one side, pain is referred along the scapula in the back & to the shoulder

Activation: Head turned to one side, sleeping with neck tilted, bad pillow, mental stress

Corrective Stretch: Anchor the hand on the side to be stretched to a chair. Turn nose to the opposite armpit. With the head turned use the other hand pull the neck to the opposite side.

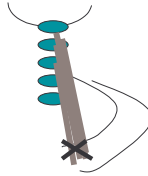


Scalenus Anticus

Symptom: Pain is referred to the chest, shoulder & arm, & the scapula, pain can wake the person from sleep, more comfortable sitting up. This muscle may compress the nerves and arteries & produce pain, numbness and tingling & swelling of the arm.

Activation: Pulling, Lifting, or overuse of the accessory respiratory muscles, such as coughing due to pneumonia, bronchitis, asthma or emphysema

Corrective Stretch: Sit on the hand of the side to be stretched. Turn your head toward the hand you are sitting on and using the other hand pull the neck to the opposite side.

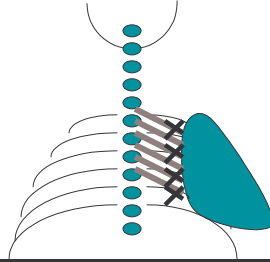


Rhomboids

Symptoms: Rounded shoulders, pain is referred along the scapula

Activation: Prolonged leaning forward in the rounded shoulder position

Corrective Stretch: Bring arm of the side to be stretched across the front of your body and hold.



Take Action NOW!

If you have found TP's in your muscles, then act now to rid your body of these toxins.

TP's → Poor Sleep → Joint/Disc/Bone Problems → Poor Health



1. Eliminate your STRESS
2. Ischemic Compression
3. Chiropractic Care

Thank You!

References

1. Starlanyl, Devin MD & Mary Ilen Copeland, MS, MA. 1996. *Fibromyalgia & Chronic Myofascial Pain Syndrome*. Oakland, CA:New Harbinger Publications.
2. Travell, Janet and David Simons. 1983. *Myofascial Pain and Dysfunction: The Trigger Point Manual Volume I: The Upper Body*. Baltimore, MD:Williams and Wilkins.
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4. Tender Points vs Trigger Points/Myofascial Pain Syndrome:A Need for Clarity in Terminology & Differential Diagnosis. Michael Scheider DC. JMPT Vol18. Number 6. July/Aug, 1995.
5. Raymond Nimmo & the Evolution of Trigger Point Therapy, 1929-1986. Jefferey Cohen DC & Russell Gibbons. JMPT. Vol 21. Number 3. March/April 1998.
6. Dependence of Tender Points Upon Posture-a Key to Understanding of Fibromyalgia Syndrome. K. Hiemeyer, R Luiz & H Menninger. J Manual Medicine. (1990)5:166-174.