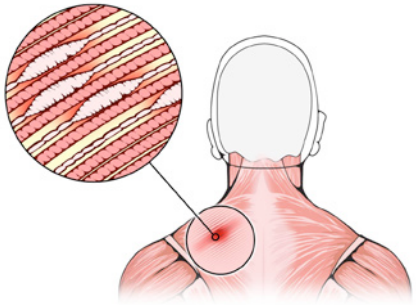
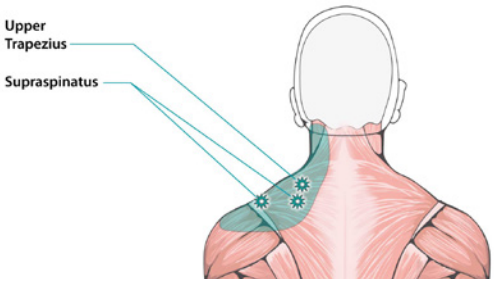
Trigger Points

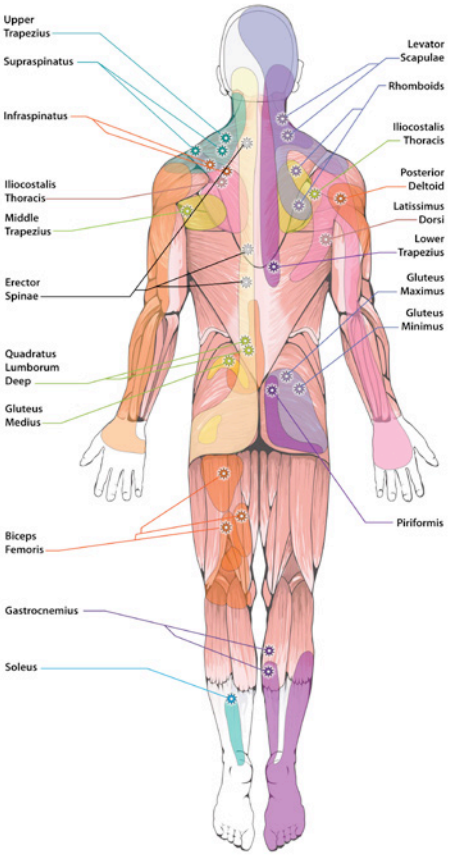
Trigger points are tight, painful bands of muscle. When a trigger point is pressed on it will cause pain at the region of the knot and it will refer or send pain to another location.

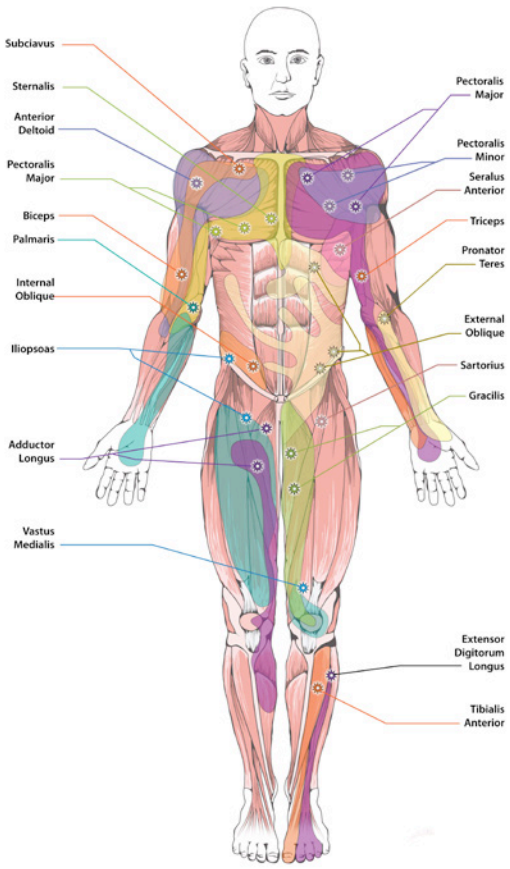
The pictures on the right show common regions where trigger points can occur and where each point can refer pain.

There are a number of treatment options for trigger points. However, the longer they are present the more difficult they become to treat.









Common Trigger Point Referred Pain Patterns

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1. Alvarez DJ, Rockwell PG. Trigger points: diagnosis and management. American Family Physician. 2002;65(4):653-660.

2. Simons DG, Travel JG, Simons LS. Myofascial Pain and Dysfunction: The Trigger Point Manual; Vol. 1. The Upper Half of Body. 2nd ed. Lippincott Williams & Wilkins; 1998.

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