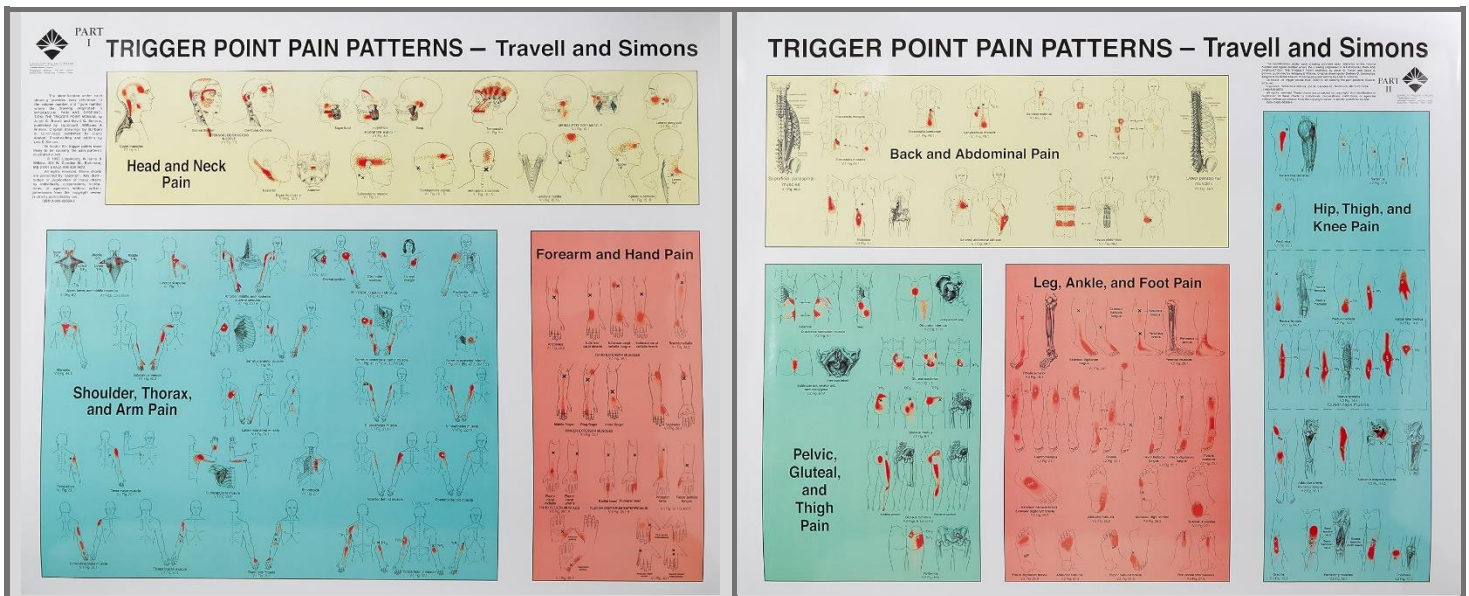
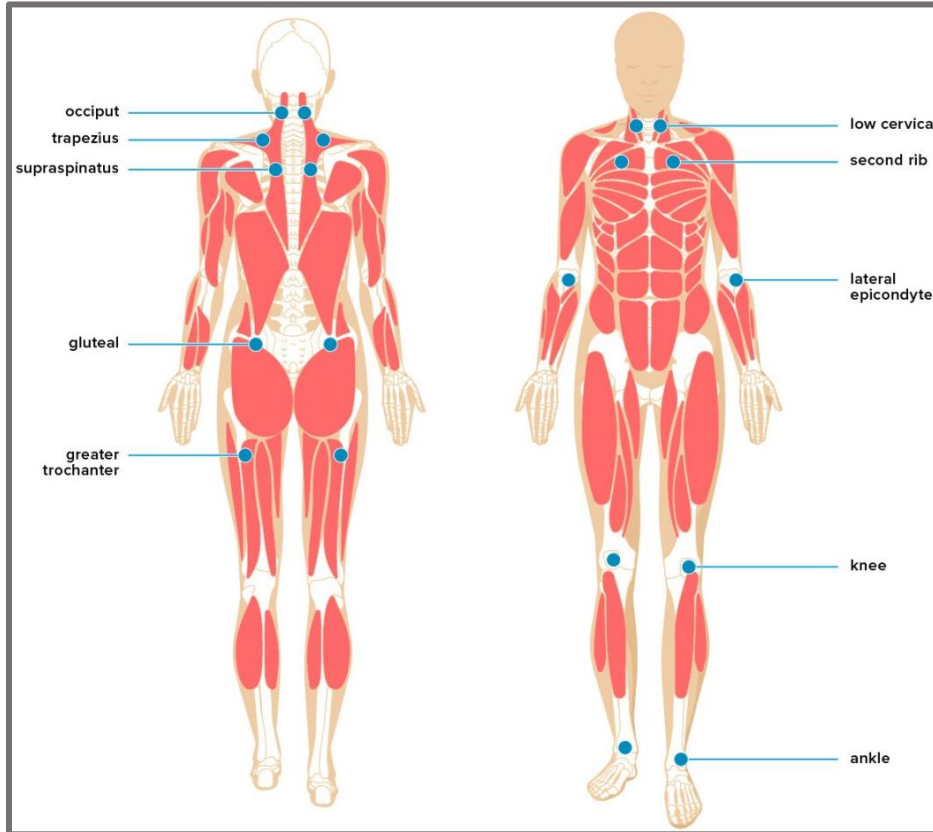


Trigger Points

Trigger Points are described as hyperirritable spots in the skeletal muscle. They are hard, discrete, focal, hyperirritable, palpable nodules in a taut band of skeletal muscle which is palpable and tender during physical examination, that may be spontaneously painful (active), or painful only on compression (latent). Myofascial trigger points produce pain locally and in a referred pattern and often accompany chronic musculoskeletal disorders.

The trigger point model states that unexplained pain frequently radiates from these points of local tenderness to broader areas, sometimes distant from the trigger point itself.



References:

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