

Specialty Training



Trigger Point Myofascial Compression Therapy

What is trigger points and how can trigger point compression therapy help?

Trigger Points are tiny knots that develop in a muscle when it is injured or overworked. These triggers are commonly a cause of most joint pain.

Based on the discoveries of Drs. Janet Travelsi and David Simons in which they found the casual relationship between chronic pain and its source, myofascial trigger point therapy is used to relieve muscular pain and dysfunction through applied pressure to trigger points of referred pain and through stretching exercises. These points are defined as localized areas in which the muscles and connective tissue are highly sensitive to pain when compressed. Pressure on these can send referred pain to other specific parts of the body.

There are six major areas of the body that we feel are key players in the human biomechanical chain. We call this "Ultimate 6" and we build upon this foundation by targeting these specific areas resulting in even greater efficiency of movement.

Fees: \$85 + tax 1 hr session/\$52 + tax ½ hr session

Semi private and small group sessions also available. All our Trainers are certified to teach Trigger Point.

