

Myofascial Release & Trigger Point Massage

TRIGGER POINT THERAPY MASSAGE

Trigger points (also called muscle "knots") are tender areas you can feel in your muscles. They are usually found in tight muscles. Some trigger points may radiate, or refer pain to other areas of the body. These trigger points can cause muscle weakness and restrict range of motion.

Trigger points are caused by muscle spasms that may be initiated by a number of causes, including direct trauma, exposure to cold, and overuse of a muscle group (this can include stress induced muscle tension).

Trigger points can be effectively treated by your physiotherapist by applying gentle pressure to the trigger point causing it to relax and release. The pressure is applied for several seconds and may feel sore, however, this will subside when the pressure is released and the area feels better.

The same trigger point may be worked on several times during a session. At the end of the session the muscles are stretched to promote relaxation.

MYOFASCIAL RELEASE

Fascia surrounds, infuses and protects every other tissue, tendon, muscle, bone, ligament and organ of the body. In healthy conditions the fascial system is relaxed and wavy in configuration. This provides a cushioning and supportive mechanism allowing us to move safely without restriction or pain.

Myofascial Release Therapy is a specialised physical therapy that affects and releases restrictions within the fascial network.

Even though the patient may not feel much happening the experienced therapist can actually feel the fascial restrictions, where they go to and subsequently feels the release of those restrictions during the session.