

# Patient Education Resources from Dr. Naran's Website

This PDF includes patient-friendly educational information from Dr. Naran's website that you may find helpful when discussing myofascial pain and trigger point treatment with patients. It is intended as a reference and support tool for patient education.

## Trigger Point Therapy

Trigger points are knots in a muscle that have developed from an injury or strain. These points are painful and Trigger points are knots in a muscle that have developed from an injury or strain. These points are painful and sensitive to pressure. They cause pain in the local area and in distant areas known as 'referred pain'. Imagine the muscle as being made up of many elastic bands. When a few of the bands are injured, a knot sometimes develops in this elastic band. Some of them heal easily while others do not resolve and continue to cause pain. When this occurs, they are called Trigger Points. Even though the muscle (elastic band) is stretched the knot does not change. Thus, when one moves an injured muscle through a range of movement one is unable to do so without the discomfort. \2

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## Q&A

### **ARE TRIGGER POINTS COMMON?**

Yes. They are very common but rarely diagnosed. Many general practitioners and orthopaedic surgeons are not aware of Trigger Points. Since Trigger Points do not show up on X-rays or scans, patients may be told that nothing is wrong with them.

### **WHAT COMMON CONDITIONS CAN ARISE DUE TO TRIGGER POINTS AND ITS REFERRED PAIN?**

Conditions such as headaches, neck pain, shoulder pain, lower back pain, the symptoms of carpal tunnel syndrome and tennis elbow, and many kinds of joint pain which are misdiagnosed as arthritis, tendonitis, or ligament injury.

### **WHAT CAUSES TRIGGER POINTS TO DEVELOP?**

A Trigger Point may develop following an acute muscular strain, a fall, a sprain, a fracture, or excessive or unusual exercise. Trigger Points may also arise due to consistent bad posture, bad work and/or bad sleep habits.

### **HOW ARE TRIGGER POINTS TREATED?**

I treat Trigger points by inserting a hypodermic needle into the muscle knot and injecting a little bit of local anesthetic into the knot. This is a quick in and out needle that takes seconds. Each muscle is treated this way. Most treatments need about 3 to 10 quick insertions to treat all the muscles involved.

## **HOW LONG WILL IT TAKE FOR THE PAIN TO LESSEN?**

If the pain is recent, relief is within a few hours to a few days. Chronic conditions may take 1 week or more to notice a change. For most of the pain conditions, I recommend that patients try 4 treatments. After this time, there should be a 40% relief of the pain. Only then do I advise patients to continue with more therapy to get more relief.

## **HOW DOES TRIGGER POINT ACUPUNCTURE WORK?**

Most of the benefit comes by putting a needle into the tight knot hence releasing the knot. The local anesthetic decreases the nerve sensitivity. There is no numbness after the treatment as only a few drops are required to calm the hyperactive nerve. Over a few treatments, the nerve becomes less reactive.

## **TREATMENT DURATION**

Each treatment session takes approximately 10 minutes.

## **HOW MUCH DOES IT COST?**

Consultation: **Covered by MSP.**

## **ADDITIONAL INFORMATION ON TRIGGER POINT THERAPY**

A summary of myofascial pain and trigger injections written in May 2022.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9116734/>

The most comprehensive article written by a physical medical specialist. A must read for the more interested.

<http://emedicine.medscape.com/article/89095-overview>

A very practical comment on the referral pain patterns from trigger points.

<http://triggerpointrelief.com/cdrom/trapezius.html>

Trigger point therapy for sports-related injuries and other pain conditions.

<http://www.triggerpointacupuncture.com/>

This article is written by Jan Dommerholt, one of my teachers during my training. He has written many excellent articles on the subject. Check the rest of the website.

[http://www.bethesdaphysiocare.com/pdf/advance\\_dommerholtinterv\\_08.pdf](http://www.bethesdaphysiocare.com/pdf/advance_dommerholtinterv_08.pdf)

An overview From the American Academy of Family Physicians.

<http://www.aafp.org/afp/20020215/653.html>

## **IS THERE ANY RELATION BETWEEN ACUPUNCTURE AND TRIGGER POINTS?**

Evidence suggests that acupuncture points and TPs are the same. A recent study done by Dr. Peter Dorsher of the Mayo Clinic revealed that there is indeed some co-relation between acupuncture and TP therapy: "I think it is fair to say that the myofascial pain tradition represents an independent rediscovery of the healing principles of traditional Chinese medicine. What likely unites these two disciplines is the nervous system, which transmits pain. This is good news for anyone looking for relief."

## **SHOULD ONE EXERCISE WHEN ONE IS RECEIVING TRIGGER POINT ACUPUNCTURE?**

No. Rest is required for healing. Since the muscle is already in a contracted state, any exercise or stretching may reactivate the Trigger Point.

## Video Links

### **Intro to Trigger Point Therapy (For New Patients)**

<https://youtu.be/H8AF0eJNH0I>

### **History & Overview of Trigger Point Therapy (Featuring Janet Travell)**

<https://youtu.be/iSmya8ERhCs>

### **What is a trigger point - trigger points explained**

<https://youtu.be/86htPBauEul>

### **Trigger Point Therapy - Explained**

[https://youtu.be/kAHIST6Z\\_DA](https://youtu.be/kAHIST6Z_DA)