

Online Resources on Trigger Point

The following resources are available online:

- **Intro to TPI Video:** Dr. Naran's video explaining TPI to patients.
<https://www.youtube.com/watch?v=H8AF0eJNH0I>
- **Kinesiologist Website:** Go to the video gallery and check "Dynamic Exercises".
<https://www.rejuvfitness.ca/>

Supplies

- **Henry Schein:** Supplier for needles, syringes, lidocaine and dextrose.
<https://www.henryschein.ca/>
 - Lidocaine 2% 50ml (Each) – 5877372
 - Dextrose 5% 100cc (Box/64 each) – 5074611
 - Syringe 3CC (Box/100 each) – 9870248
 - Needles 27G X 1½" (Box/100 each) – 3375455
- **Relaxus:** Supplier for bed and cushions.
<https://relaxuswholesale.com/>
 - Bed Cushion: <https://relaxusonline.com/products/relaxus-4-piece-pregnancy-support-cushion-with-split-leg-support>
 - Leg Bolster: <https://relaxusonline.com/products/earthlite-fluffy-massage-table-bolster>
- **Medline:** Supplier for Dextrose:
<https://medimart.com/>
 - 5% Dextrose (50ml): <https://medimart.com/product/dextrose-5-50ml-mini-bag-for-injection/>

Continued Education

- **TriggerPoints.net:** Free website with full body pain patterns of trigger points.
<http://www.triggerpoints.net/>
- **Videos of Muscles:** Subscription based website with pictures and videos of all muscles of the body.
<https://learnmuscles.com/product/aaa-animated-illustrations-of-muscles/>
- **Myopain Seminars:** A comprehensive educational platform offering courses and certifications in myofascial pain, dry needling, and related therapies.
<https://www.myopainseminars.com/>
- **Needle Lab:** An online resource providing practical and in-depth training for dry needling and trigger point therapy.
<https://needlelab.podia.com/>