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Trigger Point Course

Written by

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Hi, this is an outline of the trigger point course at treatyourtriggers.com. I thought that with a complete course outline in your hands, and you'll be able to know if this course is for you.

Also, you might find it useful as a quick reference for the main triggers in your body and where they cause pain. So - let's get started....

How does this course work?

This is essentially an online course. All the videos, manuals and guides are accessible online, so once you've purchased the course and set up your password, you'll have immediate access.

Once you're a member, you'll have lifetime access. That is - you'll have all the time you need to access the course and learn how to treat your triggers.

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The Foundation: The Treatment System

This is the foundation of every muscle treatment that I'm going to teach. It's a detailed explanation of each type of treatment that we're going to apply to the different muscles.

Throughout the course, you can refer back to it when you want to brush up on the specifics of how each treatment works. This saves a lot of time, and makes the process much easier and faster.

Painless Trigger Treatment - Ischemic Pressure

Learn how to use this principle to treat trigger points painlessly and effectively. You'll learn how this ties into how triggers are made, and why using this technique is so good for switching them off.

Accuracy - the Body Tool

You'll learn how to use this optional tool to find and switch off triggers. You can use the same principles for other hand held trigger treatment devices. The advantage here is that you can reach triggers deep within your body more easily.

Treating Hard to Reach Triggers - the Theracane

This is one of the original tools for treating triggers you can't easily reach. It can be hard to get to trigger points in your back, buttock and back of legs, and this is where the Theracane is really useful.

You'll find out how intuitive it is to use this tool. You can apply ischemic pressure when use the

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theracane - we'll go over how you can use it to get fine control of your trigger treatment.

No Hands Triggers Treatment - the Tennis Ball

This is an inexpensive and practical way to treat triggers that you can't easily reach. We'll go over how to treat using ischemic pressure, and why this sometimes the best option to choose.

Longer Lasting Trigger Treatment - Cold and Hot Packs

I've used these for years in treating triggers. This technique was originally developed by Dr. Janet Travell. It helps to 'reset' the muscle, making the trigger point treatment last longer.

Muscle Tension Diffuser- Neuromuscular Stretch

Stretching is a vital part of treating triggers. Triggers are a tight band within your muscle. When you stretch a muscle after treating them, you reduce the likeliness of the trigger coming back.

Like Ischemic Pressure, this stretch works with your body, rather than against it. Done correctly, it should be painless.

Dissolving Muscle Knots - Myofascial Release

This is a fascinating technique. It works on any muscle that you can reach with both hands. Or, you can teach someone how to apply it to you.

It's a way of further releasing a trigger point and stretching it out at the same time. This works especially well on small muscles, that can be prone to getting tense quickly.

2

Self Treatment away from your Desk - the Quickstart Manuals

These are takeaway manuals you can download and print out. There's a manual for each muscle we cover. It's a quick guide showing where the triggers are, where they cause pain and how to treat them.

You can use it when you want to treat yourself or someone else and you're not online.





The Trigger Finder - Full Version







This useful tool helps you track down which trigger points are causing pain. Some muscles are very surprising in how they refer pain. This tool helps you get an overall picture of pain patterns in your body, then zero in on which specific muscle could be causing triggers.

The Modules - Trigger Treatment by Body Pain Zone



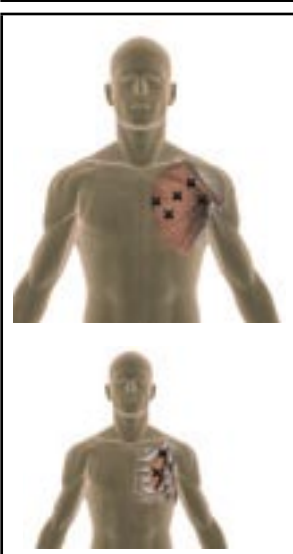

NB. Some of the muscles appear in more than one module. That's because they refer pain to more than one area. I want to be sure that each pain zone is as complete as I can make it, so you can find all the main muscles that cause pain in that area.





Module 1: Head and Neck

	<p>Temporalis This muscle refers pain to the teeth. It can be a confused with toothache.</p>		<p>Frontalis Causes head tension headaches and pain in the front of your head</p>
	<p>Trapezius This is one of the commonest muscles to get triggers. It causes pain from the side to the front of your head, and in the shoulder.</p>		<p>Occipitals These cause pain to the front and top of your head.</p>

	<p>Masseter This muscle refers pain mainly to your jaw and cheek.</p>		<p>Lateral & Medial Pterygoid Triggers in these complex muscles cause jaw pain. They can also contribute to TMJ, or Temporomandibular Joint Disorder.</p>
	<p>Sternocleidomastoid This causes pain in the ear, cheek and jaw. The can also mimic the nerve pain of trigeminal neuralgia</p>		<p>Suboccipitals These cause pain deep in your head and tension headaches</p>
	<p>Levator Scapulae This causes pain locally in the shoulder</p>		<p>Infraspinatus Triggers refer pain into the neck, arm and into the upper back.</p>

Module 2: Shoulders & Upper Arms





	<p>Deltoid The deltoids are the power muscle of the shoulder. They refer pain locally in the shoulder into the upper arm.</p>		<p>Supraspinatus This causes pain in the shoulder and down the arm</p>
	<p>Pectoralis Major and Minor The pectoralis causes pain in the shoulder and down the arm. The pectoralis minor can constrict the nerve bundle that runs into your arm. This can cause sharp shooting pains, tingling and numbness into your arm.</p>		<p>Biceps This is a strange pain pattern - triggers refer up into your shoulder and down into your elbow - not into your biceps at all.</p>

	<p>Latissimus dorsi This causes pain up in the shoulder and arm, and locally in the back.</p>		<p>Triceps Trigger points cause pain to back of arm</p>
	<p>Ilio Costalis This long back muscle refers pain up into the shoulder, lower back and buttock</p>		<p>Scalenes Triggers cause pain in the chest, upper thoracic spine, arm & hand. They also can cause nerve entrapment in the brachial plexus – causing pain, numbness and weakness in the arm and hand.</p>

Also included in this Package (Refer Module One)

Infraspinatus
Trapezius
Levator Scapulae

Module 3: Upper and Mid Back

	<p>Rhomboids These refer pain locally in the back of your shoulders</p>		<p>Longissimus This long back muscle refers pain into the mid back, lower back and buttock.</p>
	<p>Multifidi These small muscles stabilise each segment of your spine. Triggers refer pain locally in the back.</p>		<p>Rectus Abdominus This muscle group is known as your abdominals, or 'abs.' These are unusual in that they refer pain into your stomach, but can also refer pain into your lower and mid back.</p>



Also Included in this Package (Refer Module 1)



Trapezius
Levator Scapulae
Infraspinatus


Also Included in this Package (Refer Module 2)







Scalenes
Latissimus Dorsi
Ilio Costalis

Module 4: Lower Back and Buttock

	<p>Adductors These muscles pull the thigh inwards. Triggers cause pain along the inside of the thigh with radiation up into the pelvis.</p>		<p>Gluteus Minimus and Medius The gluteus minimus muscle can mimic the pain of sciatica – it can run right down your leg. Gluteus medius refers pain locally.</p>
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	<p>Gluteus Maximus This the big power muscle of the buttock. Trigger points are relatively easy to access, and refer pain locally.</p>		<p>Obliques The obliques are important core stabilizers. They refer pain into the abdomen and groin</p>
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	<p>Intra Pelvic Muscles Triggers can only be reached by internal examination by a medical professional, but triggers can be relieved in this way. They refer pain in the pelvis and groin.</p>		
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	<p>Piriformus When this muscles is tight, it can compress the nerves that run down into your leg. This can cause shooting pains running right down into your leg.</p>		<p>Psoas Muscles This is a really deep muscle. Triggers here refer pain into the back, into the abdomen and upper thigh.</p>
	<p>Quadratus Lumborum The quadratus lumborum is a posture muscle that causes lower and mid back pain.</p>		<p>Soleus Triggers here cause pain in the heel, calf and very rarely over the lower back.</p>
	<p>Semitendensis Triggers cause pain in the back of the thigh and up into the buttock</p>		<p>Vastus Lateralis This muscle is largest portion of the quadriceps and makes the knee straighten out. Pain is felt along the outside of the buttock, thigh & knee.</p>

Also Included in this Package (Refer Module 2&3)

ilio costalis & longissimus
multifidi
rectus abdominus




Module 5: Chest and Abdomen

	<p>Intercostals Triggers cause sharp localised pain in between the ribs</p>		
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Also Included in this Package (Refer Modules 2,3&4)

pectoralis minor
pectoralis major
scalenes
rectus abdominus
obliques
longissimus
ilio costalis




Module 6: Thigh and Knee

	<p>Gastrocnemius Triggers cause pain in the calf and under the sole of the foot.</p>		<p>Popliteus Triggers cause a localised pain over the back of the knee.</p>
	<p>Vastus Medialis Triggers cause pain in the inner thigh and knee. It can cause the knee to collapse unpredictably.</p>		

Also Included in this Package (Refer previous Modules)

adductor magnus and longus
biceps femoris and semitendinosus
gluteus minimus
intrapelvic muscles
piriformis
psoas
soleus
vastus lateralis




Module 8 - Calf and Foot

	<p>Foot flexors Triggers cause pain in the big toe.</p>		<p>Foot Intrinsics Triggers cause pain within the ankle & foot</p>
	<p>Peroneus Triggers cause pain over the outer ankle or foot</p>		

Also Included in this Package (Refer previous Modules)

adductor longus
gluteus minimus
gastrocnemius
semitendinosus/membranosus
soleus

Module 9: Forearm and Hands

	<p>Forearm Extensors Triggers cause pain in the wrist, hand and fingers. There is often weakness and stiffness in the grip.</p>		<p>Hand Intrinsic Triggers cause pain & stiffness in the fingers and awkwardness in fine movements.</p>
	<p>Thenar Eminence Triggers cause pain in the wrist & thumb with stiffness and interference in fine motor skills of the hand.</p>		

Also Included in this Package (Refer previous Modules)

triceps
scalenes
infraspinatus
latissimus dorsi
supraspinatus
pectoralis major
pectoralis minor



If you want to learn more about the course - [here's a link to a video tour of the site.](#)

[For Pricing Information, Click here](#)

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www.TreatYourTriggers.com



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