

Pain Management through Trigger Point Therapy

Monday, November 3rd, 5:30-6:30pm Alden Hall, WPI

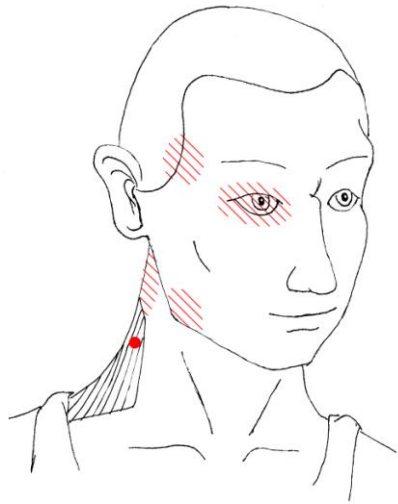
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Headache

Trigger points in neck and upper back muscles can cause **tension headaches, ear aches, dizziness, hearing loss, and blurred vision**. The illustrations below show the location of some of these points and the pain patterns they produce[†].

Trigger Points

Trigger points are spots in muscles that get stuck in a contracted state due to overuse, physical trauma, or stress. They can cause tightness and stiffness in the entire muscle and may cause pain **in another part of the body** when aggravated.



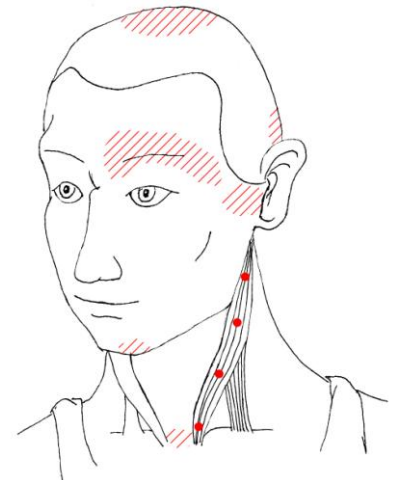
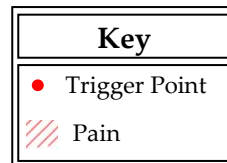
Upper Trapezius[‡]

Upper Trapezius

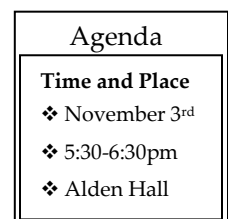
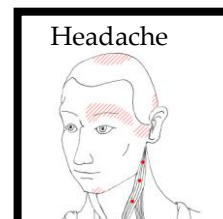
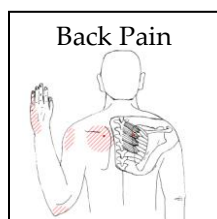
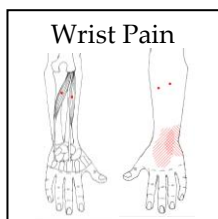
Upper Trapezius trigger points are the main cause of tension headaches and pain behind the eye. They can also cause dizziness similar to that of the clavicular branch of the Sternocleidomastoid.

Sternocleidomastoid

Trigger points in the sternal branch of this muscle can cause pain above the eyebrows and affect vision by dimming, blurring, or doubling your sight. Tension in the clavicular branch, located under the sternal branch, can throw off your balance, cause dizziness, earaches, and partial loss of hearing.



Sternocleidomastoid



[†] All trigger point related information in this flier is from Clair and Amber Davies' *The Trigger Point Therapy Workbook, Second Edition*, New Harbinger Publications, Inc. 2004.

[‡] All illustrations in this flier are by Andrey Sklyar, 2008.