

# Pain Management through Trigger Point Therapy

Monday, November 3<sup>rd</sup>, 5:30-6:30pm Alden Hall, WPI

Sponsored by WPI's Office of the Dean of Students

## Back and Shoulder Pain

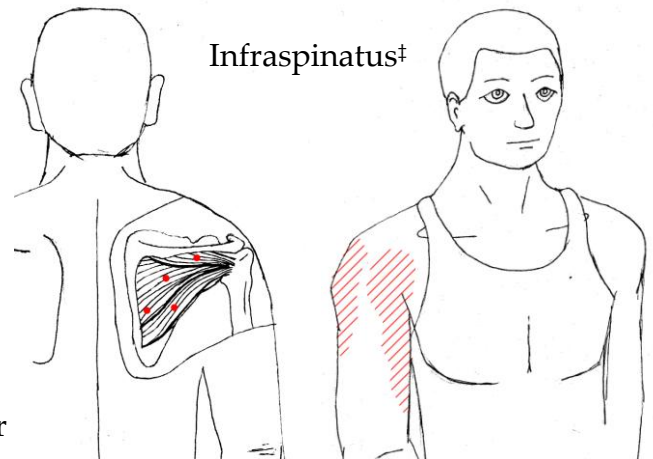
Trigger points in the back and shoulders can **weaken the shoulder, restrict its motion, and promote the formation of more trigger points**. The illustrations below show the location of some of these points and the pain patterns they produce<sup>†</sup>.

### Trigger Points

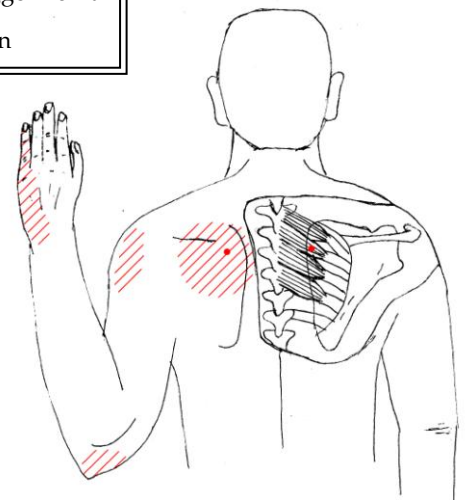
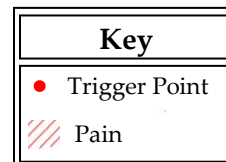
Trigger points are spots in muscles that get stuck in a contracted state due to overuse, physical trauma, or stress. They can cause tightness and stiffness in the entire muscle and may cause pain **in another part of the body** when aggravated.

### Infraspinatus

This muscle, located on the back of the shoulder blade, causes a deep pain in the **front of the shoulder joint**. Reaching forward to type on a keyboard for long periods of time causes the muscle to stay contracted and trigger points to form. This weakens the muscle and forces other muscles in the area to overwork. This cascade of weakening muscles may ultimately result in severely restricted motion of the shoulder joint.



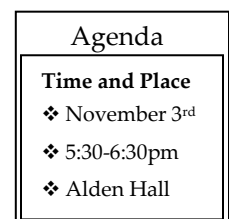
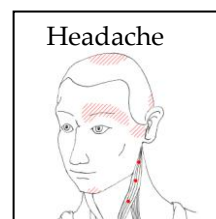
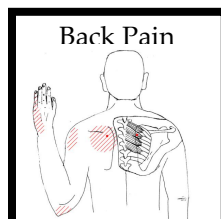
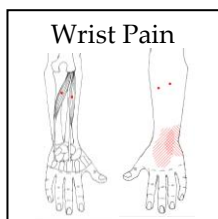
Infraspinatus<sup>‡</sup>



Serratus Posterior Superior

### Serratus Posterior Superior

Trigger points in these muscles usually produce a deep ache under the shoulder blade, where they attach to the ribs. They can also send pain to and cause numbness in the pinky finger. Their main role is to expand the ribs during chest inhalation, so strenuous breathing is a common cause of trigger point formation in these muscles.



<sup>†</sup> 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.

<sup>‡</sup> All illustrations in this flier are by Andrey Sklyar, 2008.