

The Brookbush Institute Updated 3 Glossary Terms: "Trigger Points," "Release Techniques," and "Taut Bands"

The Brookbush Institute continues to enhance education with a glossary that is more than just definitions. Examples, common questions, and so much more!

NEW YORK, NY, UNITED STATES, February 3, 2025 /EINPresswire.com/ -- - Excerpt from the term:

[Trigger Point](#)



Imaging studies have confirmed evidence of trigger points as a physical phenomenon within the muscle!"

Dr. Brent Brookbush, CEO of Brookbush Institute

- Related term: [Release Techniques](#)

- Related to the Course: [Taut Band](#)

DEFINITION:

- Trigger Point: A hyper-irritable spot in skeletal muscle that is associated with a hypersensitive palpable nodule in a

taut band . The spot is painful on compression and can give rise to characteristic referred pain, referred tenderness, motor dysfunction, and autonomic phenomena (1).

3 TYPES OF TRIGGER POINTS:

- Active trigger points: A Myofascial trigger point that causes a clinical pain complaint. It is always tender, prevents full lengthening of the muscle, weakens the muscle, results in patient-recognized pain when directly compressed, mediates a local twitch response of muscle fibers when adequately stimulated, and when compressed with the patient's pain tolerance, produces a referred motor phenomena (often in the trigger points pain reference zone), and often autonomic phenomena (1).

- Latent trigger points: A myofascial trigger point that is clinically quiescent with respect to spontaneous pain, but is painful when palpated. Most often, latent trigger points have a taut band and restrict muscle extensibility (these are likely the trigger points most commonly addressed) (1).

- Satellite trigger points: Satellite trigger points are sites that exhibit symptoms similar to trigger points when compressed; however, these symptoms resolve when the primary trigger points are treated. Generally, these sites are identified during treatment.

COMMONLY ASKED QUESTIONS:

Can I release my own trigger points?

- Yes. A variety of common methods are used for self-administered trigger point therapy. This is actually the likely benefit of techniques like foam rolling. Additional tools like spheres, canes, and vibration tools may also be used. Several courses describing these techniques have been linked below.

What is the main cause of trigger points?...

FOR THE FULL TEXT AND SO MUCH MORE, CLICK ON THE LINK

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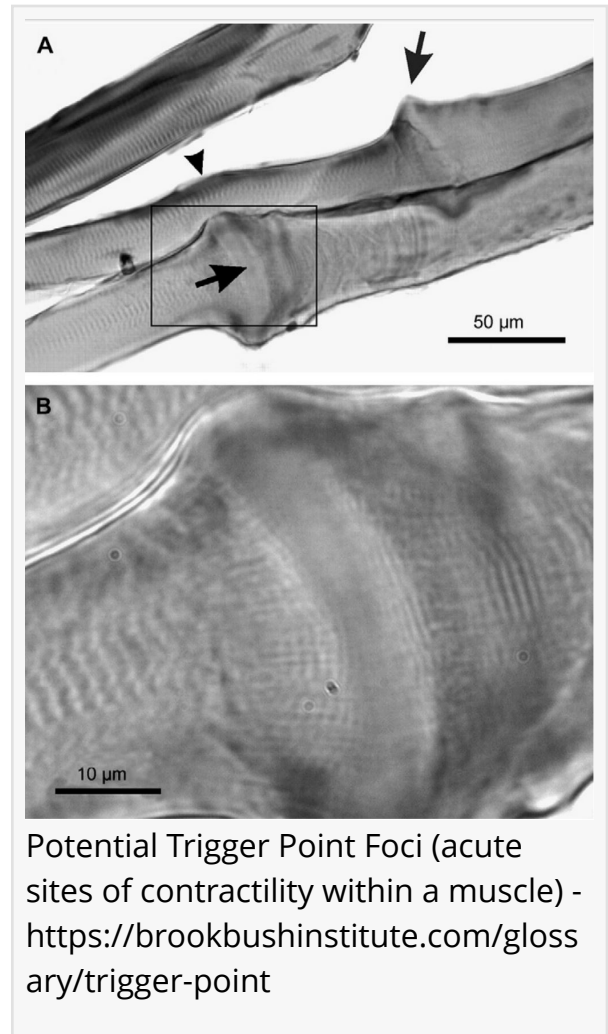
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