TECHNIQUE STANDARD 10

Myo-Fascial Trigger Points

Identify Myo-Facial Trigger Points

Conditions:
Given the client's treatment plan indicates the possibility that trigger points may be present

Task:
Identify myo-fascial trigger points

Standard:
Quality / Technical:
• So that trigger points are identified correctly, as indicated by at least two of:
  ▪ local tenderness within a taut band of muscle
  ▪ local twitch response, and/or a client's report of referred pain
  ▪ tenderness, or autonomic phenomenon pattern.

Quality / Interpersonal:
• So that you stop the assessment of trigger points immediately if the client requests.

Treat Myo-Fascial Trigger Points

Conditions:
Given that a trigger point has been identified

Task:
Treat myo-fascial trigger points

Standard:
Quality / Technical:
• So that the treatment technique is applied until the client tells you the level of referred pain either decreases or is eliminated.
• So that you discontinue the technique if the referred pain does not diminish.
• So that following the treatment of the trigger point the treated muscle is stretched.

Quality / Interpersonal:
• So that the client is informed that the treatment of myo-fascial trigger points may be painful.
• So that you treat within the client's agreed upon pain tolerance.

Safety:
• So that treatment of trigger points is not used or is modified if a contraindication to this technique exists.