



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.