

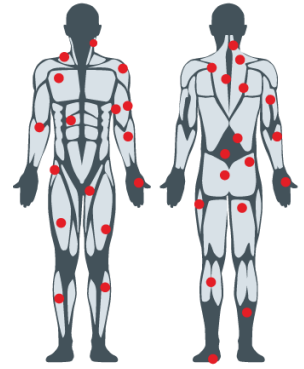
RELIEF FROM TIGHT TRIGGER POINTS

Trigger points are localised tight, tender spots in muscle tissue. They often develop in response to working in sustained, fixed postures such as working at a computer, at a microscope, in a fume hood, marking papers or other activities outside work.

Applying direct pressure to trigger points can stretch and release the tight fibres, reduce muscle tension, and provide effective pain relief. Trigger point massage is a very safe and simple self-treatment method which can be done whilst sitting at work.

The following is a simple self help guide you can use at home, in the office or on the go. All you need is a firm ball – a lacrosse or tennis size ball are ideal.

COMMON TRIGGERPOINTS



Position the ball directly on a trigger point or tight spot such as the points pictured below. The pressure should be relieving and have a good stretch feel. Hold for 30 to 90 seconds.



Another option is to apply small kneading strokes in a circular or back and forth direction as per the images below;



It's important to break from static work to stretch and move often. Avoid sustaining the same posture for more than 30 minutes without moving and stretching.

Trigger points can also be effectively released/ stretched in a lying position using the same methods.