



GOING BEYOND Trigger Points

Myofascial Pain Seminars with Cathy Cohen

Connect the Dots SystemSM

BeyondTriggerPoints.com



Connect the DotsSM System "Detective Tools"

Checklists of Top Perpetuating Factor Stressors that Cause, Aggravate & Perpetuate Myofascial Pain

"When active trigger points in any muscle fail to respond to treatment, with few exceptions, one or more perpetuating factors need to be identified and resolved."

Myofascial Pain & Dysfunction the Trigger Point Manual Vol 1, Drs Travell J and Simons D 1999

Refer to these checklists when you ask your client about his or her pain.

Start by asking "Do you notice the pain more in certain situations?"

The vast majority of perpetuating factors are due to these Stressors.

Top 10 Baseline Posture Stressors

1. Do they watch TV while lying down?
2. Do they read lying down?
3. Are they immobile for prolonged periods?
4. Do they sit in a bent forward sitting position?
5. Do they slouch while sitting?
6. Do they sit without lumbar or back support?
7. Do they sit without feet touching floor?
8. Do they drive without lumbar support?
9. Do they sit or drive with a thick wallet in the back pocket?
10. Do they sit or drive with head forward?

Top 8 Occupational Stressors

1. Do they work with prolonged periods of immobility? (i.e. are they desk jockeys?)
2. Do they take breaks less than once per hour?
3. Are they comfortable at their work station?
4. If work is seated: is the chair comfortable with lumbar support?
5. If work is seated: are their elbows close to their torso while working?
6. Does their work involve repetitive motions?
7. Is their work constant and/or unvaried?
8. Does their work require repeated physical exertion?

Top 7 Sleep Position Stressors

Ask your client to show you how they sleep

1. Do they sleep on their stomach?
2. Do they sleep with arms overhead?
3. Is their neck out of alignment with their spine while sleeping?
4. Is their pillow too high or too flat?
5. Have they been diagnosed with Sleep Apnea?
6. Do they clench their jaw or grind their teeth while sleeping?
7. Do they sleep with mouth open?



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Perpetuating Factors: How to Connect the Dots

First, let's review the basics about the essential role Perpetuating Factors play in aggravating myofascial pain:

Perpetuating factors are stressors. They prevent muscles from returning to their pain-free, resting position.

The same condition that activates a muscle to develop a trigger point might also be the same factor that perpetuates the problem.

If after three or more treatments your client returns with the same pain pattern, ask yourself:

Have I connected the dots between the client's pain/dysfunction and postural habits, work/family stressors or underlying disease processes?

By far the most common Perpetuating Factor is POSTURE:

1. Baseline Posture Stressors
2. Occupational Stressors -- Non-ergonomic workplace positions
3. Sleep Position Stressors

Taken all together, these often add up to the **Hunchaholic Syndrome** in many people. So look first to these areas. Then allow 5 minutes in your session to instruct your client in corrective exercises or posture guidelines.

A smaller percentage of Perpetuating Factors may be due to other causes, including Biochemical Factors (diet, metabolic, hormonal or other medical considerations) or Psychosocial Factors (depression, anxiety, family, financial or work stress, etc.).

Identifying Perpetuating Factors is an essential step towards freeing you client from recurring pain. **All** of our workshops-via-webinars address perpetuating factors, & provide an integrated system therapists can immediately put to work to relieve their clients' persistent myofascial pain conditions.

BeyondTriggerPoints Workshops-via-Webinars 4th Sundays Jan.- Oct.

<http://www.beyondtriggerpoints.com/webinars>

