

*Find out one of the biggest unrecognised causes of Muscle Pain*

# The Truth About **Muscle pain**

And how to switch it off - without drugs, surgery or expensive treatments.

Many people have muscle pain - it's one of the most common things we all experience at some stage in our lives. Some of you, though, may have had muscle pain for years and all the experts you have seen have been unable to explain it or help you. There is, however, an explanation for muscle pain that's not so well known. I'm talking about:

## Myofascial Trigger Points.

Most people have them (though they may not be active.) They can cause shooting pain, dull aching pain, and stiffness. And if you have active trigger points, all the anti-inflammatory pills, gels, exercises - even surgery won't do you any good. What will help? Learning how to find and switch off trigger points - and stop them coming back. So let's dive right in. What is a trigger point? The basic definition is a very small area of spasm within your muscle. The trigger point can be latent (not in spasm, but with that potential - like a dormant volcano) or active (spasmed and painful.)

Some people have a few active trigger points, some people have dozens. Trigger points can radiate pain throughout your body or in a specific location. It all depends on the type and number of trigger points that you have. Now, before you get anxious about having triggers, there are a few things I want you to know.

1. Trigger Points do not cause damage. They are painful, but they don't actually damage your muscles, or the surrounding area.
2. You can switch off trigger points without medication, surgery or expensive equipment.

*Some people have the problem that their trigger points keep coming back - we'll address that in a later email. But for now, what I want you to know about triggers is:*

- a) They are not causing permanent damage AND....
- b) you can switch them off yourself.

Let's go in a bit more detail into the science of trigger points - what they are, why we know they aren't damaging you, and then we'll get into how to switch them off.

What is a trigger point? Medically, it's defined as a "hyperirritable locus within a tight band of skeletal muscle." In layman's terms, it's an area of spasm - or knot - within a muscle. When you have a trigger point, it pulls a thin band of taut muscle which runs the length of the muscle fibre. And when you're looking for triggers, this feels like a guitar string within the bulk of your muscle.

**What is a trigger point? Medically, it's defined as a "hyperirritable locus within a tight band of skeletal muscle."**

In layman's terms, it's an area of spasm - or knot - within a muscle. When you have a trigger point, it pulls a thin band of taut muscle which runs the length of the muscle fibre. And when you're looking for triggers, this feels like a guitar string within the bulk of your muscle.

A brief scientific interlude.... picture 2 is a photomicrograph of a myofascial trigger point within skeletal muscle. In the lower half you can see parallel bands of so-called I-bands & A-bands. They are evenly spread. In the upper half there is a central elliptical area where the bands are squeezed incredibly tightly together. This is the myofascial trigger point. The band of fibres on either side of this are stretched further apart than normal.

So after you've examined your muscle and are able to feel a tight band within it - like a taut guitar string - how do you know for certain that it's a trigger?

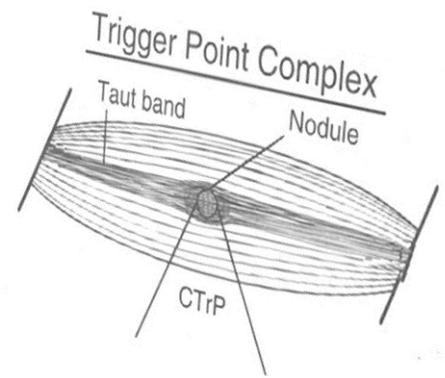
The test for identifying trigger points is quite simple. Trigger points act like the trigger of a gun - when the gun is fired, the bullet causes pain elsewhere. Similarly, when a trigger point is activated, it sets off a pain pattern - sometimes causing pain far from the site of the trigger.

Each pain pattern is specific to that trigger point. There are hundreds of triggers scattered around the body. Remarkably, each trigger point pattern has been shown to be consistent over thousands of people.

As you can see, pressing on the trigger point (the small black cross) causes pain to radiate in a band up into the back of your head. Many people who spend their entire day working hunched in front of a computer get this pain.

It can seem like a sore neck, or tension headache. But in fact it's caused by a trigger point in your shoulders. You can test for this trigger point now. Just put your hand on your shoulder, and search in that spot. Apply gentle pressure, until you find a spot where you push into your shoulder muscle - and get pain that travels up your neck

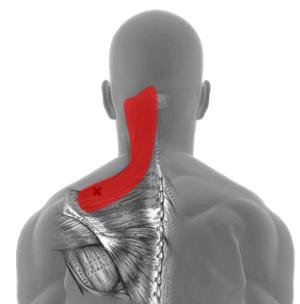
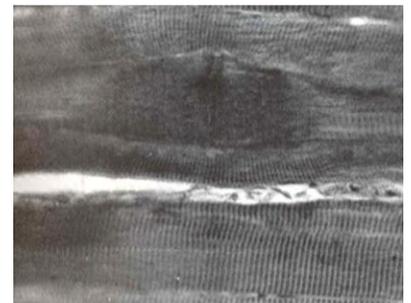
*This is an active trigger point.*



1. A diagram of a Trigger Point within the muscle



2. A Trigger Point is like a knot within your muscle



4. A pain pattern for the trapezius muscle - a very common trigger point.

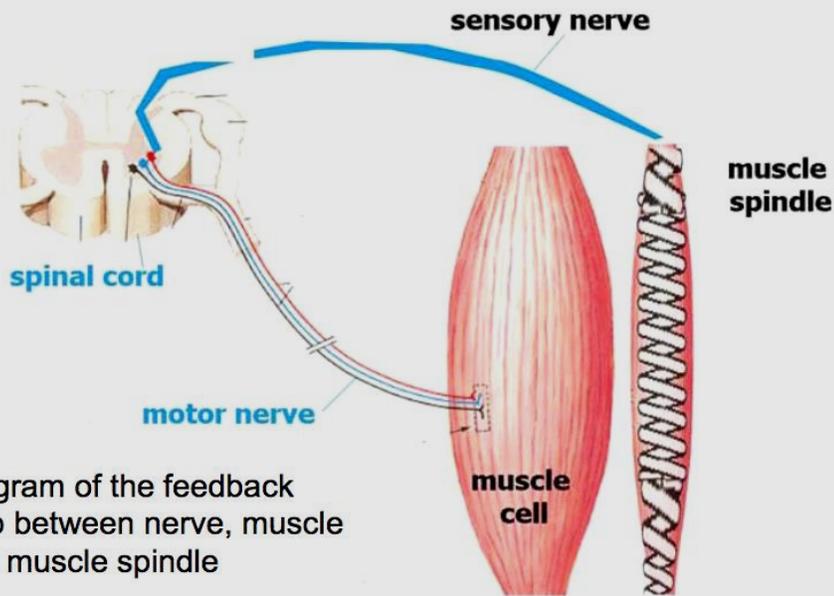


Diagram of the feedback loop between nerve, muscle and muscle spindle

Now you know what to look for, let's get onto how you can switch off your trigger points. The first thing I want you to know is this:

### *Trigger Point releases - when done correctly - should not hurt.*

I know the 'No Pain, No Gain' philosophy - and it doesn't apply here. Think about it - when you stress a muscle, it automatically tightens up - as a protective reflex. This is part of what causes trigger points in the first place.

So doing trigger point releases that cause your muscles to tighten up is like trying to lift a chair you're sitting on. You're working against yourself.

Now there is a marvelous technique for doing pain free trigger point releases which I'm going to describe to you soon. But first I want you to understand exactly how trigger points work. Once you understand this you'll see why a pain free trigger point release is so important.

The key structure in understanding trigger points is the muscle spindle fibre. This is a nerve arranged in a spiral, looking and behaving like a spring. It is found in parallel with your muscle fibres.

When it is stretched, it sends messages to your spinal cord. When the muscle fibre reaches beyond a critical length, the spindle will fire a particular message. This message then goes up your nerve to the spinal cord and zooms straight back to the muscle fibre - causing it to contract. This is the simplest feedback loop you can have.

So Trigger Points are in fact part of a protective mechanism your body uses to keep safe - to stop muscles being over stretched, and joints being damaged. Problems (and trigger points) happen when your muscle spindle becomes sensitised - for example after you have been injured. It stays in this protective mode.



Trigger points are a misguided message. They're like a security alarm that's been switched on - and hasn't been switched off. Switching off trigger points is therefore a matter of interrupting the spasm message your muscle spindle is sending to your nerve. And you can do this in a pain free way by using Ischemic Pressure.

Ischemic Pressure involves gentle increasing pressure on the trigger point. Over a few minutes, this will reset the messages to the muscle - switching off the trigger point. This is a pain free trigger point release - you stay just below the pain threshold while gently increasing pressure.

Let's look at why some of the more traditional ways of relieving muscle pain that don't work if you have trigger points....



There's stretching your muscles. This doesn't work because your muscles are in spasm and will continue to be in spasm until the trigger points are switched off. Stretching muscles with trigger points is just like pulling harder on a knot - you'll just make it tighter.

What you actually want to be doing is loosening the trigger first - after which stretching can be very helpful.



There's traditional massage. This can be slightly helpful, but only if the masseuse is actually putting pressure on the trigger points. And to do an ischemic trigger point release you need to apply pressure in a very specific way.

Then there's anti-inflammatory gels and pills. These may relieve some types of pain but trigger points are not in fact caused by inflammation - so these are not so effective So how do you do a Trigger Point Release using ischemic pressure?

[Here's you'll find videos on how to find and treat triggers points.](#)

*Please feel free to share this report with friends and family - anyone you think could benefit from this knowledge.*

*And if you're not already subscribed to receive more free information on trigger points - here's [where to get more free videos & resources.](#)*



Best Regards,  
**Dr Jonathan Kuttner.**  
MBBCh, Dip O&G, FRNZCGP, Dip Sports Med,  
Dip MSM, FAFMM.

#### DISCLAIMER

The information contained in this manual is based on sources and information reasonably believed to be accurate as of the time it was recorded or created. However, this material deals with topics that are constantly changing and are subject to ongoing changes related to technology and the market place as well as legal and related compliance issues. Therefore, the completeness and current accuracy of the materials cannot be guaranteed. These materials do not constitute legal, compliance, medical, or related advice. The end user of this information should therefore use the contents of this manual and the materials as a general guideline and not as the ultimate source of current information and when appropriate the user should consult their own accounting, construction or other advisors. Any case studies, examples, illustrations cannot guarantee that the user will achieve similar results. In fact, your results may vary significantly and factors such as your health, medical condition and many other circumstances may and will cause results to vary.

Privacy Policy: I never sell, rent, trade or lend any information about my subscribers to anyone, for any reason, whatsoever. I assure you that your privacy is respected and well protected.