



# Trigger Point Therapy

Break through vicious cycles of pain with effective medications, injections, and more.

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## Trigger Point Therapy in St. Petersburg, FL

Are you wondering about Trigger Point Therapy in St. Petersburg, FL? Trigger points are areas of muscle spasm or tightness. They occur because of irritation to the nervous system. A vicious cycle develops when nerves become irritated and muscles tighten up. Those tightened muscles can pull on the spine, causing the nerves that come from the spine to become irritated, which then makes the muscles tighten up, and so on.

### Schedule a Consultation

Name

Email

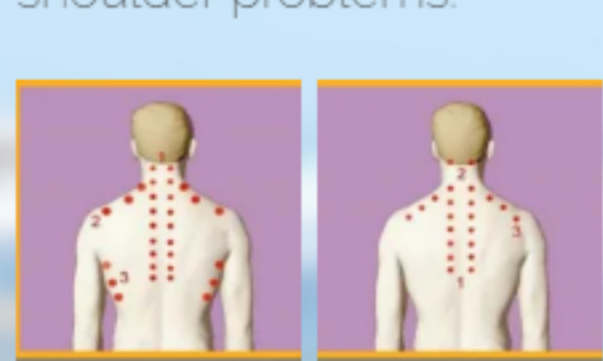
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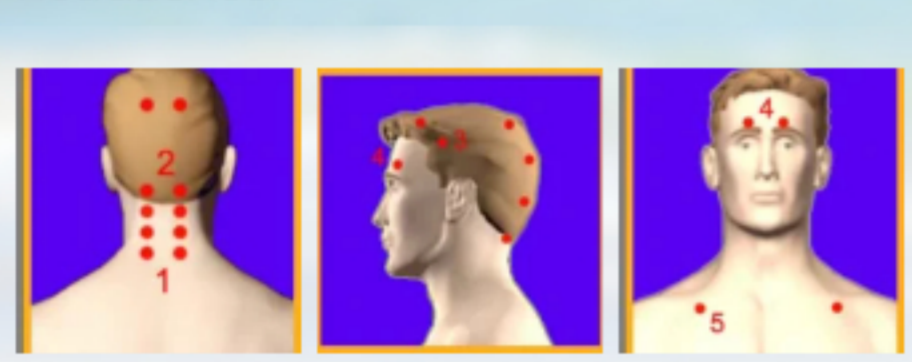
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## Location of Common Trigger Points in St. Petersburg, FL

These are the most common areas for trigger points for neck and shoulder problems:



These are the most common areas for trigger points for headaches:



These are the most common areas for trigger points for low back-related problems:



## More Information About Trigger Points

A Trigger Point (TrP) is a hyper irritable spot, a palpable nodule in the taut bands of the skeletal muscles' fascia. Trigger points develop in the myofascia, mainly in the center of a muscle belly where the motor endplate enters (primary or central TrPs)[5]. Those are palpable nodules within the tight muscle at the size of 2-10 mm and can demonstrate at different places in any skeletal muscle of the body. We all have TrPs in the body. TrPs can be present in babies and children, but their presence does not necessarily result in the formation of pain syndrome. When it happens, TrPs are directly associated with myofascial pain syndrome, somatic dysfunction, psychological disturbance, and restricted daily functioning.

Usually, TrPs happen due to:

- Aging.
- Injury sustained by a fall, stress, or birth trauma.
- Lack of exercise - commonly in sedentary persons between 27.5-55 years, of which 45% are men[1].
- Bad posture - upper and lower crossed pattern, swayback posture, telephone posture, cross-legged sitting
- Muscle overuse and respective micro-trauma - weightlifting.
- Chronic stress condition - anxiety, depression, psychological stress trauma.
- Vitamin deficiencies - vitamin C, D, B, folic acid, iron.
- Sleep disturbance.
- Joint problems and hypermobility.

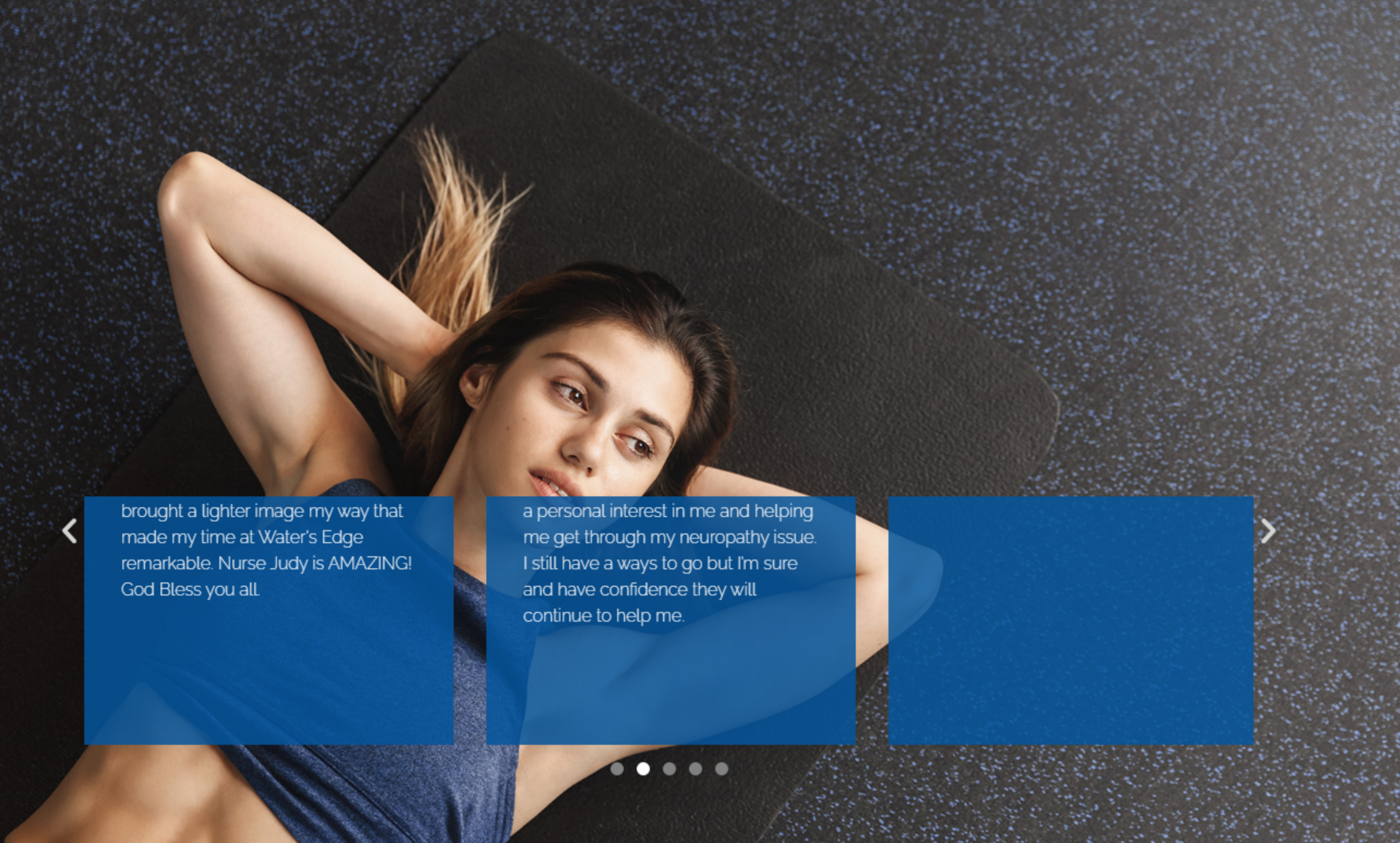
## Treatment of Trigger Points

- TRIGGER POINT INJECTION (TPI) [➤](#)
- HOME THERAPIES TO HELP REDUCE TRIGGER POINTS [➤](#)



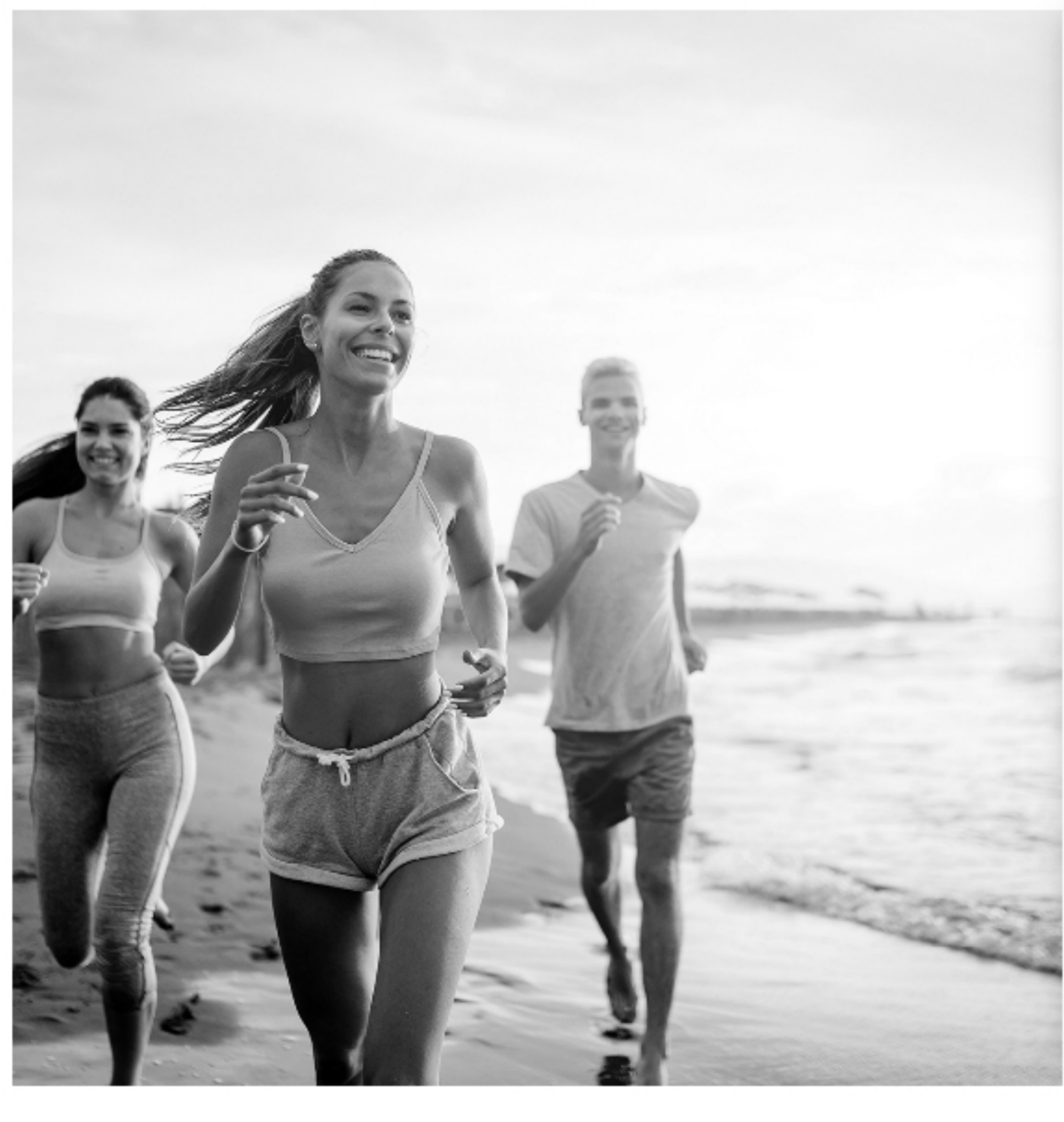
### FAQ

— WHAT CAUSES A TRIGGER POINT?
Most points occur because of muscle overuse, muscle trauma (injury), or psychological stress. Trigger points often arise from sustained repetitive activities, like lifting heavy objects at work or working on a computer all day. No single factor is responsible for the development of myofascial trigger points.
+ WHAT DOES A TRIGGER POINT FEEL LIKE?
+ DOES EVERYONE HAVE TRIGGER POINTS?
+ WHAT HAPPENS WHEN YOU MASSAGE A TRIGGER POINT?
+ CAN TRIGGER POINTS GO AWAY ON THEIR OWN?
+ ARE TRIGGER POINTS KNOTS?
+ HOW DO YOU RELEASE A TRIGGER POINT AT HOME?
+ WHY DO TRIGGER POINTS HURT SO MUCH?
+ WHAT HAPPENS WHEN TRIGGER POINTS ARE RELEASED?
+ DO TRIGGER POINT INJECTIONS HURT?
+ WHAT ARE THE SIDE EFFECTS OF TRIGGER POINT INJECTIONS?
+ DO TRIGGER POINT INJECTIONS WORK IMMEDIATELY?
+ ARE TRIGGER POINT INJECTIONS COVERED BY INSURANCE?



brought a lighter image my way that made my time at Water's Edge remarkable. Nurse Judy is AMAZING! God Bless you all.

a personal interest in me and helping me get through my neuropathy issue. I still have a ways to go but I'm sure and have confidence they will continue to help me.



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