

HUMAN PERFORMANCE CENTRE

Need help removing a knot in a muscle? We Can Help!

Question: What is a knot or trigger point?

Trigger Points, also known as knots, are hyperirritable spots in a taut band of a skeletal muscle. These knots are painful upon compression or muscle contraction, and usually respond with a referred pain pattern distant from the spot. They are caused by overuse where the muscle becomes weak and tired. Poor posture is a good example of this. Knots can be caused by a muscle being taxed too much, for example, caused by a fall or over-doing it at the gym. A muscle can be predisposed to having trigger points form.

The following are a few reasons for this:

Muscle Tension: Emotional stress can create significant tension in the neck, shoulder, and abdominal muscles. Another example would be where the muscles are cold, perhaps caused by sleeping with the window open or a fan on.

Structural Differences: An example of this would be having one leg longer than the other, which can cause low back trigger points

Nutritional Deficiencies: Deficiencies in vitamins B1, B6, B12, folic acid, and vitamin C, or low calcium, potassium, and iron may also perpetuate trigger points.

Treating a trigger point is best done by a massage therapist who can

determine where the trigger point is located. The massage therapist will then warm the muscle and surrounding soft tissue with massage techniques and release the exact area where the knot is.



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