**Trigger Point Perpetuating Factors**

This is only a quick-reference *general* / *partial* list of perpetuating factors.

Each muscle has its own list of specific perpetuating factors.

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| **Mechanical Stressors** | **Nutrition** | **Medical Conditions** |
| ***Misfitting furniture***   * Chair * Desk * Phone * Computer * Bed / pillows   ***Body Mechanics***   * Using body improperly * Periods of immobility * Repetitive movements * Awkward positions * Quick / jerky movements * Tensing muscles * Limiting ROM d.t. pain   ***Clothing***   * Too tight? * Carrying purse / pack over one shoulder? * Footwear / orthotics * Glasses prescription OK? * Hearing aid needed? | ***Potential problems:***   * Inadequate intake of nutrient   (i.e. poor diet, food not fresh…)   * Impaired absorption   (Digestive system malfunction)   * Inadequate utilization by body * Increased need by body   (i.e. alcohol, smokes)   * Nutrient leaving too quickly   (i.e. diarrhea)   * Being destroyed too quickly * High risk group   (i.e. fad dieter, vegetarian, elderly, pregnant/nursing, alcoholic, drug use, depressed, seriously ill)   * Caffeine causes muscle rigor   ***Most important vitamins/minerals:***   * Vitamin C * B-complex (6, 12, Folate) * Vitamin D * Calcium * Magnesium * Potassium * Iron * Sodium   ***Water Intake***   * *½ body weight = # oz. of H2O* | ***Injuries***  ***Spinal / Skeletal***   * Spinal / Joint Misalignments * Disc problems / bone spurs / stenosis * Skeletal Asymmetries   ***Sleep Problems***   * Pain disrupting sleep? * Room temperature? * Nutrition / water? * Disturbed sleep (cause?) * Caffeine / alcohol? * Too stressed? Worry? * Allergens?   ***Emotional***   * Anxiety? Depression? Anger? Stress?   ***Acute or chronic Viral, Bacterial, or Parasitic Infections***   * Colds / flu * Sinus infections * Abscessed / impacted tooth * Urinary tract infection * Herpes simplex * Parasitic infections   ***Allergies – food and/or environmental***  ***Hormonal imbalances***  ***Organ Dysfunction / Disease***   * Hypothyroid or sub-clinical hypothyroidism * Hypoglycemia * Gout |

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