**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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