



### **Eat well and drink water**

It is easy and relatively inexpensive to improve your nutrition and water intake to see if it will decrease your symptoms. Eating healthy, nutritious food is ideal, but supplementation with a multivitamin and multimineral may be necessary, depending on your situation.



## **3 Find out what is causing your trigger points**

Trigger points may form after a sudden trauma or injury, or they may develop gradually. Common initiating and perpetuating factors are mechanical stresses, injuries, nutritional problems, emotional factors, sleep problems, acute or chronic infections, and organ dysfunction and disease. Resolving these factors is crucial to getting long-term relief.

### **Don't assume your pain can't be treated**

People often assume that if a parent had the same type of condition, it must be genetic, and they'll just have to learn to live with it. You learn many things from your parents - eating habits, exercise habits, how you deal with stressful situations, even posture and gestures - and all of which can influence your health.

## **6 Find a health care professional who can assist you**

If possible, find a physiotherapist, physical therapist, or massage therapist who is trained in treating trigger points, who can help you identify and eliminate the things that are causing your pain and other symptoms.

### **Avoid conditioning exercises initially**

Holding yoga poses may aggravate your trigger points at first. Find a yoga class with an instructor who can help you modify poses that are causing you any problems. Focus on stretching and breathing. With any exercise programme, including yoga, underestimate what you can do. Gradually add increments in duration, rate, and effort that will not cause you to be sore or reactivate trigger points.

### **Learn to breathe properly**

Breathing will oxygenate the muscles, and stretch the respiratory muscles. Breathe all the way down into your belly.

### **Be kind to your muscles**

Warm up and stretch before exercising, keep your muscles warm, and lift properly. Vary your activities so you are not doing any one thing for too long. Notice where you hold tension and practise relaxing those areas.



## **11 See your health care provider immediately if...**

Your pain is severe with sudden onset, is accompanied by redness, heat, or severe swelling, or you develop rashes or ulcers that don't heal. You will also want to seek help if you develop poor circulation, painful varicose veins, and very cold legs, feet, arms, or hands.



Valerie DeLaune, L.Ac., is a licensed acupuncturist and certified neuromuscular therapist. Valerie has written four books on trigger point self-help techniques. Her latest book, Pain Relief with Trigger Point Self-Help has just come out in the U.K. Valerie teaches workshops in the U.S. and currently resides in Alaska. [triggerpointrelief.com](http://triggerpointrelief.com)