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**10 Best Trigger  
Point & Muscle Knot  
Stretches - Ask  
Doctor Jo Muscle  
knots or trigger**

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**points** form in your neck, upper back, traps, and other areas of your body, when the **muscle** tissue becomes ...

## ***03\_What is a Muscle Trigger Point?***

Description of a **muscle trigger point** and why it causes **pain**.

***Trigger Point Release - Ask Doctor Jo*** Trigger points are

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tender or irritated  
areas of **muscle**. They  
produce **pain** at the  
spot and in a referred  
pattern. **Trigger point**  
release ...

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***Best shoulder pain  
stretches for trigger  
points - myofascial  
trigger points***

Looking for shoulder  
**pain** stretches for  
**trigger points**? For  
our complete guide to  
shoulder **pain** relief  
from **trigger points**,

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Chains In  
go to ...

***trigger point  
explained with  
animation***

This first  
video is a short  
explanation and  
introduction to the

**trigger point.** Many  
health and **pain**  
problems, like frozen  
shoulder, ...

***The Big Lie about  
Trigger Points  
(Knots) & How to  
Get Rid of Them.***



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"Famous" Physical  
Therapists Bob  
Schrupp and Brad  
Heineck discuss the  
big lie that is often  
stated about **trigger  
points**.

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***How to self-treat  
sternocleidomastoid  
muscle trigger  
points - trigger point  
release*** Got neck  
**pain**? You may have  
sternocleidomastoid  
**trigger points**. For  
our complete guide to

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finding and treating  
**trigger points** that ...

Osteopathy

**Myofascial pain  
syndrome and**

**trigger points.**

**Reasons Trigger**

**points** are caused by  
**muscle** injury.

**Muscles** can be  
injured suddenly in

accidents, or damage  
can occur slowly, due  
to ...

**01\_Myofascial Pain  
Syndrome and**

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**Muscle Trigger**

**Points** The myofascial  
**pain** syndrome is  
defined and its causes  
and symptoms are  
described.

**Myofascial Pain  
Syndrome and  
Trigger Points  
Treatments,**

**Animation.** This  
animation and many  
other pain  
management related  
videos/images (in HD)  
are available for

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## **best neck stretch for myofascial trigger points - cervical neck stretch - muscle knot stretch**

For our comprehensive  
guide to treating neck  
**trigger points**, go to  
<https://goo.gl/AWgKEp>

If you have neck  
**trigger point pain**,  
neck ...

## **How to find a trigger**

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**point - how to find  
trigger points -**

**anywhere in your  
body** For a complete  
beginner's guide to  
myofascial **trigger  
points**, you can start  
here at

<http://goo.gl/HnQtjQ> If  
you suffer from  
myofascial ...

**What is a trigger  
point - trigger points  
explained** What is a  
**trigger point**? For a  
beginner's guide to

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<http://goo.gl/0wMFtN> If you have **muscle pain**, you ...

***Referred Pain from Trigger Points | Philadelphia and the Main Line, PA***

Rebalance Physical Therapy is a pelvic floor and orthopedic physical therapy practice based in Philadelphia and on the Main

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**Trapezius Muscle  
Spasm Trigger Point**

**Injection** In this video  
we demonstrate the  
technique for treating a  
severe trapezius  
muscle spasm with  
steroid and  
bupivacaine injections.

**How to treat scalene  
muscle trigger**

**points - trigger  
points - how to self  
treat trigger point  
pains** Got muscle

**pain** in the neck or

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shoulder? Check out our complete guide to neck **pain** relief from **trigger points** at ...

***Neck strengthening exercises for trigger points - 4 exercises to help with stiff***

***neck*** Got neck **pain** caused by myofascial **pain** syndrome? For a complete guide to get neck **pain** relief from **trigger points**, go to ...



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**Tensor Fasciae  
Latae (TFL) - Trigger  
Point Therapy**

The tensor fasciae latae (TFL) is a vitally important structure in providing stability through the knee and pelvis. This **muscle** is a ...

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and Self Help**

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gasters with a strong  
fascial connection  
between them called  
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