



# Trigger Points (Speedy Study Guides)

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## **Trigger Points (Speedy Study Guides)** Speedy Publishing

You might also call a trigger point a knot in your muscle. They're usually found in skeletal muscle. When pressed, a trigger point can cause sharp pain at its location along with pain in related areas of the body. Trigger points can be caused by strain, stress, trauma and even smoking. They are usually located and diagnosed by complaints of pain and manual palpation. A chart of common trigger points would assist the patient in understanding muscle systems and referred pain.

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