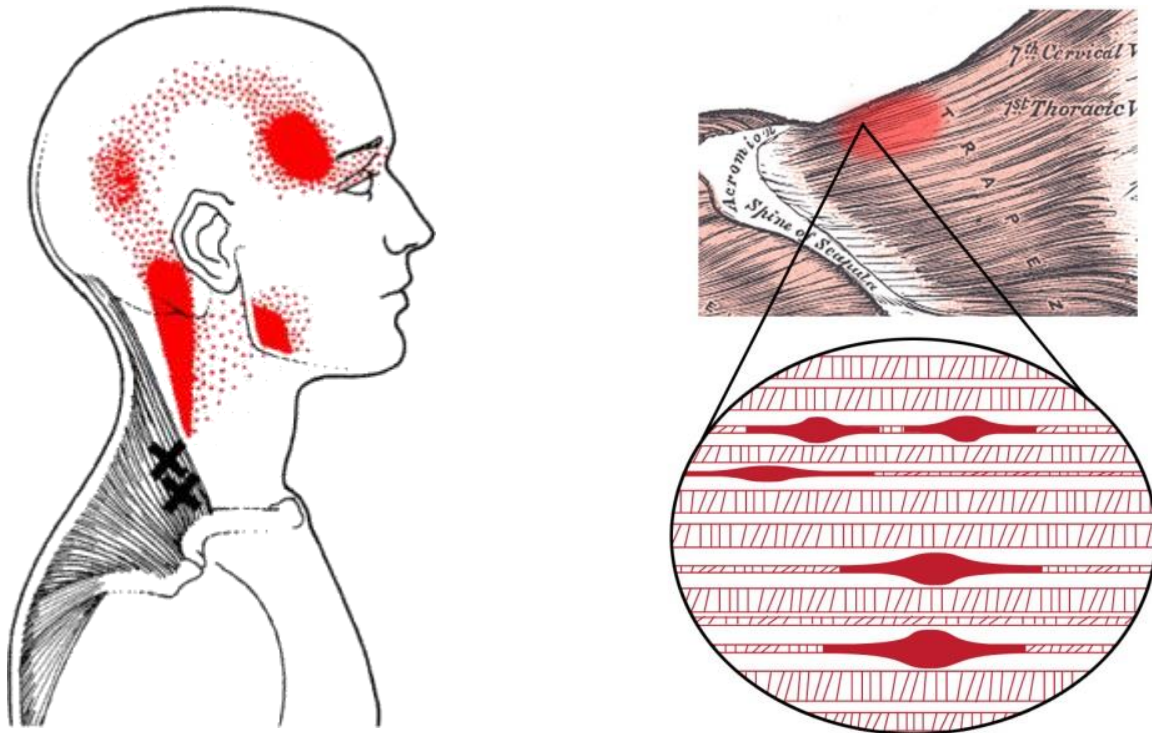


Breathing script: What is a trigger point?



Simons, D. G., Travell, J. G., Simons, L. S., & Travell, J. G. (1999). Travell & Simons' myofascial pain and dysfunction: The trigger point manual. Baltimore: Williams & Wilkins.

Treatment protocol & introduction to using the pain scale

1. "0" = no pain, "10" maximum pain
2. Therapist finds point, presses until "7" (just before pain becomes unbearable)
3. Pressure is maintained until you reach a "0" or "1" on the scale
4. Pressure is increased, until "7" again
5. Process repeated 4 times, or until pain is gone (*ie.* you feel only "pressure, not pain")

Relaxation script: Focusing on breathing

Concentrate on breathing, first filling up your stomach, then your ribs from the sides, and finally your chest. Exhaling, this order is reversed. Breathe in with your nose and out with your mouth. Breathe slowly. If you lose focus, try to return to it, concentrating on breathing.