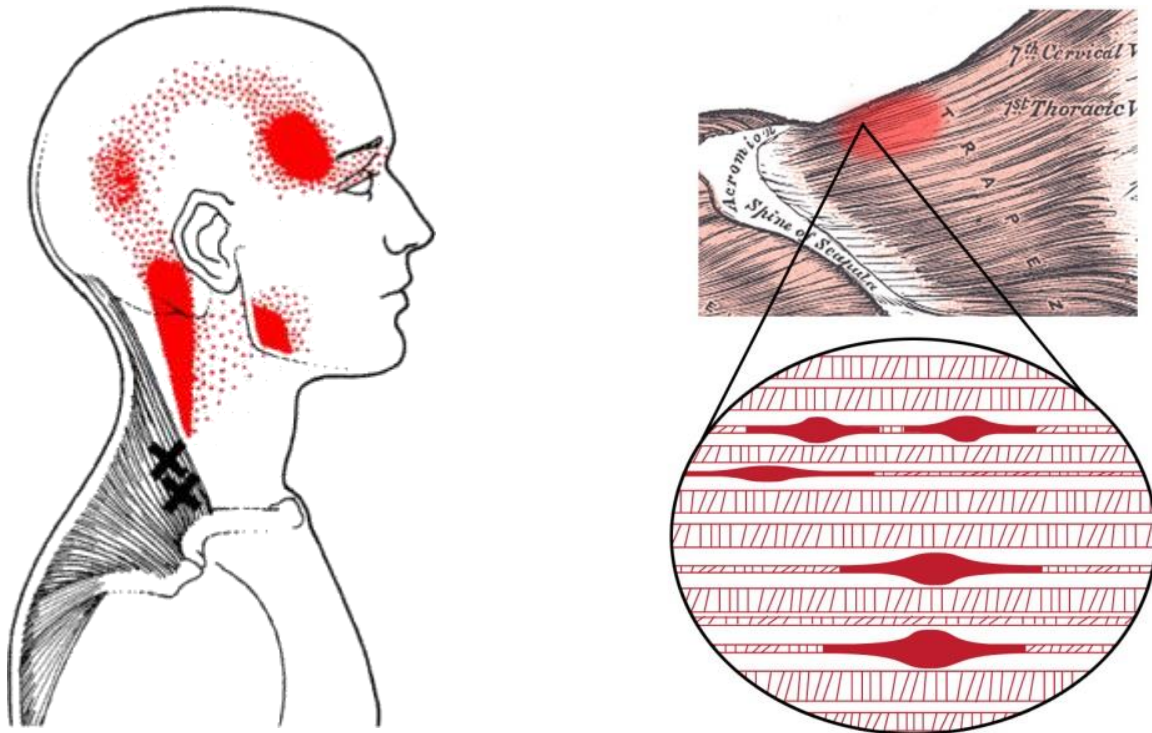


Imagery script: What is a trigger point?



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")

Visualization script: Focusing on imagery

Imagine that this tight knot is a ball of butter, melting on the beach under a hot, afternoon sun. Use all your senses: smell (salty air), sight (sand, gold and blue, water), **sound** (surf, seagulls), **touch** (grains of sand, warm wind, dripping sweat), **taste** (salty water, sweat, butter), **movement** (the butter melting, waves), **temperature** (hot, nice), and **emotions** (melting, relaxation). Ensure your image is physically accurate (sizes, its being based in reality), that the focus is the ball of butter, that time is moving normally (not too fast, not too slow), and perspective (that the muscle knot is actually this ball of butter). If you get sidetracked, try to return to concentrating on this image.