
Trigger Point Pain Patterns Wall Charts

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Trigger Point Pain Patterns Wall

Rehabilitation Protocol for Proximal Hamstring Repair

- Manual trigger point release as needed (common area is within distal 1/3 of biceps femoris)
- Manual trigger point release as needed with ART (active release therapy) to piriformis, quadratus femoris
- Anterior hip glides with and without external rotation at the hip (hip in neutral to slightly extended)

Living with Crohn's Disease

whatever the trigger is, it prompts the person's immune system to "turn on" and launch an attack in the GI system That is when the in-flammation begins Unfortunately, the immune system doesn't "turn off," so the inflammation continues, damaging the digestive tract and causing the symptoms of Crohn's disease