

## Spine / Back / Neck

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### Muscular Problems

#### Trigger Point Therapy

When stretching and strengthening exercises do not deliver the desired results, the therapist applies a variety of different techniques in order to dissolve trigger points. Treatment with acupuncture, or with what is known as dry needling, has been proven successful. Trigger points can also be destroyed with low-dosage shock waves or in a purely manual way by pressure applied with the hands or a stick. The osteopathic strain-counterstrain method is useful as well. The body part in pain is pushed passively by the therapist into a position, which is the most painless and held for 90 seconds each time. This way, the stretching receptors of the muscles are supposed to „relearn“ how to achieve a healthy balance, which then counteracts the emergence of trigger points.