

# Running the Distance Sports Massage

## **TRIGGER POINT THERAPY**

A trigger point therapy is a specific massage technique that is used for pain relief. Trigger Points are spot that produce pain when compress, trigger points are form as a result of a trauma to the muscle fibers. A trigger point is an area in the muscles which is felt like a bump or a nut, the massage therapist work in that area to relief the pain and cause to circulate more blood thru the area. A trigger point therapy is done by a finger or with the elbow in some cases the therapist has weak finger and they will use tool to help them to apply the pressure needed for the therapy.

### **Benefit of Trigger Point Therapy**

The benefits of trigger point therapy help to relief pain and stress.