



# Massage Therapist Association of Alberta

## Standards of Practice

### Standard 38

**Category:** Technique

**Ratified:** September 13, 2008

**Amended:**

**Rescinded:**

### *Myofascial Trigger Points*

#### **Identify Myofascial Trigger Points**

**Conditions:**

Given the client's treatment plan indicates the possibility that trigger points may be present .

**Task:**

Identify myofascial trigger points.

**Standard:**

**Quality / Technical:**

- So that trigger points are identified correctly, as indicated by at least two of:
  - local tenderness within a taut band of muscle
  - local twitch response, and/or a client's report of referred pain
  - tenderness, or autonomic phenomenon pattern.

**Quality / Interpersonal:**

- So that you stop the assessment of trigger points immediately if the client requests.

#### **Treat Myofascial Trigger Points**

**Conditions:**

Given that a trigger point has been identified.

**Task:**

Treat myofascial trigger points.

**Standard:**

**Quality / Technical:**

- So that the treatment technique is applied until the client tells you the level of referred pain either decreases or is eliminated.
- So that you discontinue the technique if the referred pain does not diminish.
- So that following the treatment of the trigger point the treated muscle is stretched.

**Quality / Interpersonal:**

- So that the client is informed that the treatment of myofascial trigger points may be painful.
- So that you treat within the client's agreed upon pain tolerance.

**Safety:**

- So that treatment of trigger points is not used or is modified if a contraindication to this technique exists.