

# Today's Chiropractic Weekly Handout

## Chiropractic Care and Trigger Points

Dr. Charles M. Laycock



Trigger points associated with lower back and leg pain are commonly found the iliotibial band (near the upper thigh), as well as in muscles near the hip and buttocks, including the psoas, gluteus maximus, and piriformis. Trigger points associated with neck, upper back, and arm pain are commonly found muscles near the upper back and neck such as the shawl portion of the trapezius muscle, the rhomboid muscles, and the levator scapulae.

These chronic, persistent, localized muscle spasms are caused by postural inefficiencies, biomechanical faults, and stress. Any or all of these factors may be involved. Stress may be ongoing, depending on the person's circumstances, but posture and biomechanics can definitely be addressed and improved with chiropractic care.

Chiropractors analyze and identify biomechanical issues, particularly those involving spinal misalignments. A chiropractor will then design treatment specifically tailored for your individual needs and, if needed, will help educate you regarding good postural habits and exercises that will be beneficial for many years to come.

### Holiday Hours:

*Our office will be closed Monday, 12/26. We are open normal hours the rest of the month! Happy Holidays!!*



### Get The Most Out Of Stretching



If your body has structural limitations, particularly involving the joints of the spine and pelvis, then you can run into difficulties when trying to stretch. Your spinal joints and sacroiliac joints (the big joints of the pelvis) need to be freely movable in order to get the most out of stretching and in order to avoid potential problems. Restricted mobility of these important joints will often cause tight muscles, and tight muscles can cause muscle pain and muscle injuries

Chiropractors are experts in detecting the presence of these mechanical problems and in correcting the underlying causes. Regular chiropractic care helps keep your body flexible and functioning at its peak, helping you get the most out of all your exercise and fitness activities.

## Today's Chiropractic Clinic

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~Serving Our Community Since 1990~

### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm