



# Trigger Point Manual Therapy:

*More efficient, less visits, and longer lasting than traditional manual therapy*

How To Know If You May Be One of The 86% Who Get Relief  
With Advanced Non-Surgical TPMT Treatment

**Zachary - 225-658-7751 • Baton Rouge - 225-768-7676**

**KleinpeterPT.com**

## **Muscle pain? Impaired movement?**

By the time many of our patients read this guide, they have already tried one or more treatment options without satisfactory pain relief. After treatment, more than a few have commented that they wish they had tried trigger point manual therapy first.

That's why we decided to offer this Guide. It helps explain and compare a variety of clinically proven manual therapy techniques, who they help, and how to know if you may also be one of the hundreds of our patients who have, **finally, found significant pain relief without drugs or surgery.**



Most people don't know that muscle pain and impaired movement typically respond well to a variety of manual therapy techniques under the care of a licensed physical therapist. **Even physicians** can pass over manual therapy treatment techniques in favor of pain medications or surgery.

## **Manual Therapy Treatment Techniques**

Manual therapy treatment techniques are skilled interventions that stimulate muscles, connective tissues, and underlying myofascial trigger points. Myofascial trigger points are taut bands of skeletal muscle located within a larger muscle group. These taut bands, or "knots," irritate nerves and may radiate pain to other areas. They may also impair movement.

A skilled therapist can use any one or all of these techniques to treat most myofascial trigger points. However, clinical experience has shown that intramuscular (also called dry needling) works faster and, typically, **relief lasts longer.**

### **Manual therapy techniques include:**

#### **Hands-on Trigger Point Release**



Hands-on trigger point release is often adequate for treating most mild to moderate trigger point knots and bands.

#### **Instrument Assisted**



Instrument assisted treatment uses specially shaped tools to stimulate the trigger point. Often used to break up scar tissue and provide additional stimulation not easily done by hand.

#### **Intramuscular**



Intramuscular manual therapy, also called "dry needling," uses a thin filiform needle to penetrate the trigger point and stimulate release. Unlike acupuncture, this method is based on accepted medical science. Clinical results show this technique works faster and lasts longer than other manual therapy techniques.

# The Kleinpeter PT Trigger Point Manual Therapy Program

The 3-step program below is used to create a customized plan of care for each patient. In addition to a course of manual therapy, your plan of care may also incorporate exercises in the clinic and at home. Other treatment aids may include heat, cold, or other applications known to be effective. Following the recommended course of exercise and manual therapy, many patients can expect to reduce or eliminate pain in as few as four visits.

## How Does Trigger Point Manual Therapy Work?

The Trigger Point Manual Therapy approach (TPMT) used by Kleinpeter Physical Therapy is a step-by-step process that allows our therapists to identify with greater certainty a person's physical limitations and determine a unique plan of care for each patient.



### Step 1:

Listen to YOUR specific pain concerns and functional limitations. Correlate this with published trigger point referral patterns to guide inspection of key muscular issues.



### Step 2:

Assess the body's mechanical structures, soft tissue structures (i.e. muscles, tendons, ligaments, fascia) and posture using physical therapy assessment techniques. Palpate (feel) for suspected trigger points within muscles to determine the best course of action.



### Step 3:

Create a multifaceted physical therapy approach incorporating various manual therapy techniques (i.e. hands-on trigger point release, intramuscular manual therapy, muscle energy techniques, strain-counter-strain, joint mobilizations, etc), advanced therapeutic exercises and recommendations regarding lifestyle factors that may be contributing to your pain.

Call for a **FREE** screening, or request one online at [KleinpeterPT.com](http://KleinpeterPT.com).

# About Kleinpeter Physical Therapy

## Expert Care. Fast Results. Always Individualized Attention



Karl Kleinpeter, PT, DPT, CEO

“The healthcare system can be overwhelming and patients can feel like a number lost in the shuffle. One of the best aspects of our practice is the personal attention we provide to patients. We listen to them. We take time to get to know them. We make sure we understand their concerns, work with them to achieve their goals so they can get back to loving their life. These interactions help us provide an even higher level of care, and I feel that gives patients a real sense of the compassion we feel for them.”

## Can you benefit from Trigger Point Manual Therapy?

1. Do you have pain that has not resolved over time or with standard treatment?
2. Do you notice tightness or areas of knots in your muscles?
3. Do you have poor flexibility - regardless of how much you stretch?
4. Have you recently increased your training program and noticed that your soreness is not going away?
5. Are you still struggling with pain after surgery?

**If you're not sure if TPMT will work for you, schedule your free screening today.**

**KleinpeterPT.com**

If you answered YES to any of these questions, TPMT treatment may be the answer you have been looking for.



Zachary - 1219 Church Street, Zachary, LA 70791  
Baton Rouge - 7648 Picardy Avenue, Suite 300 Baton Rouge, LA 70808