



How To Treat Trigger Points

Brachioradialis

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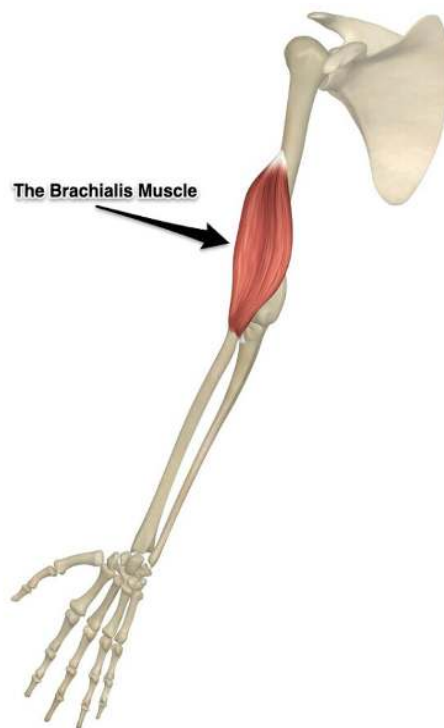


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Brachioradialis

Treating Trigger Points

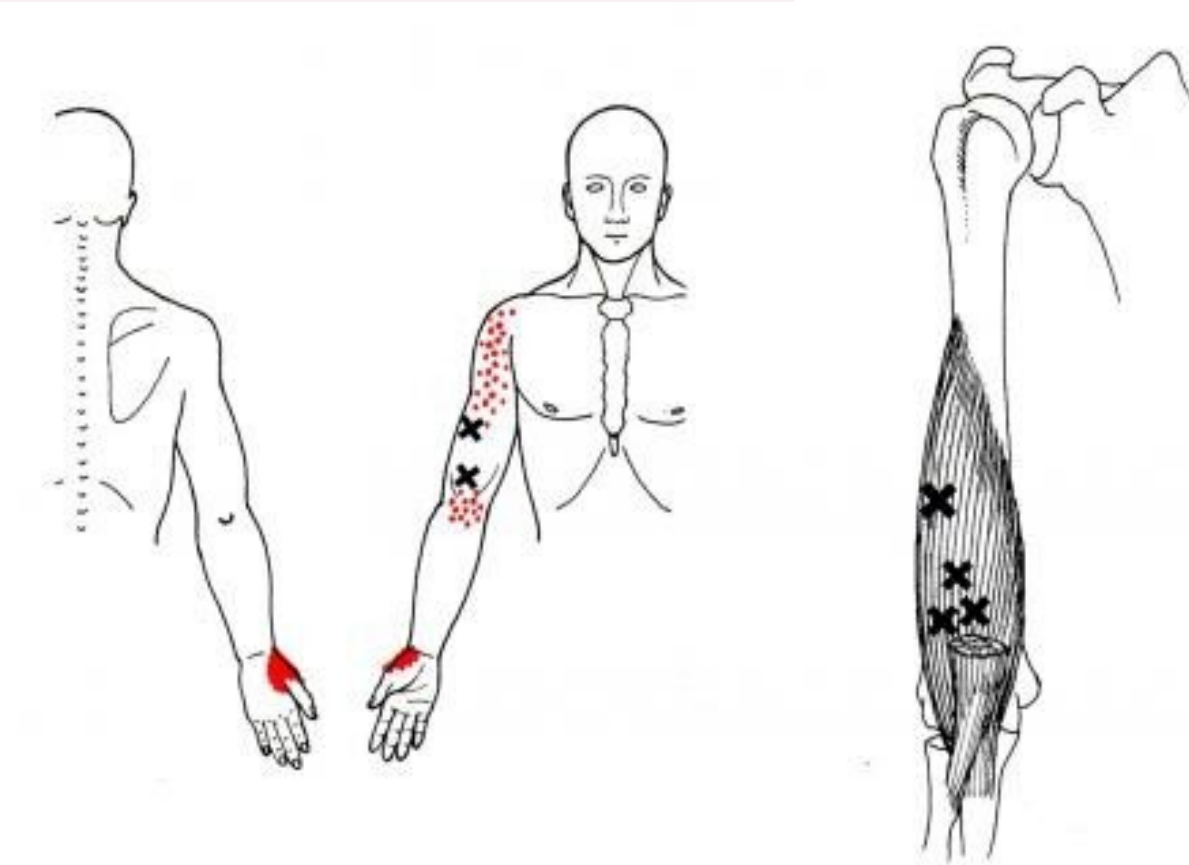


What Is The Brachioradialis?



The brachialis is an important muscle that flexes the forearm at the elbow. This muscle works with the biceps as it can carry heavy items, like the deltoid, and is the opposite of the tricep muscles. However, it can become overused and succumb to injuries that can invoke pain in the arm muscles, thus leading to the development of trigger points along the brachialis muscle.

Treating The Trigger Point On The Brachioradialis



Treatment of this trigger point is the first way you treat ischemic pressure. There are two ways that you can find this muscle. First, you can lift it because it has a free edge and pinches. And the second is just by palpation. You put your finger down onto the skin and run it across the long axis of the arm. You put one finger over that point, press nice and firmly, and then follow ischemic pressure principles. Feeling for tight bands, which are part of the trigger points. And then, once you find a type of band, which feels like a little guitar string, you move up and down until you find the point.

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