

Trigger Point Anatomy

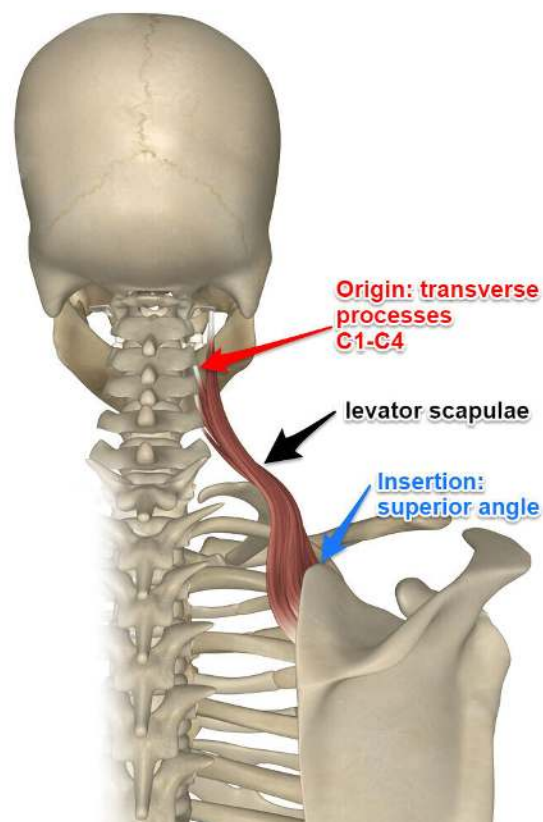
Dr. Alex Jimenez



Table Of Contents

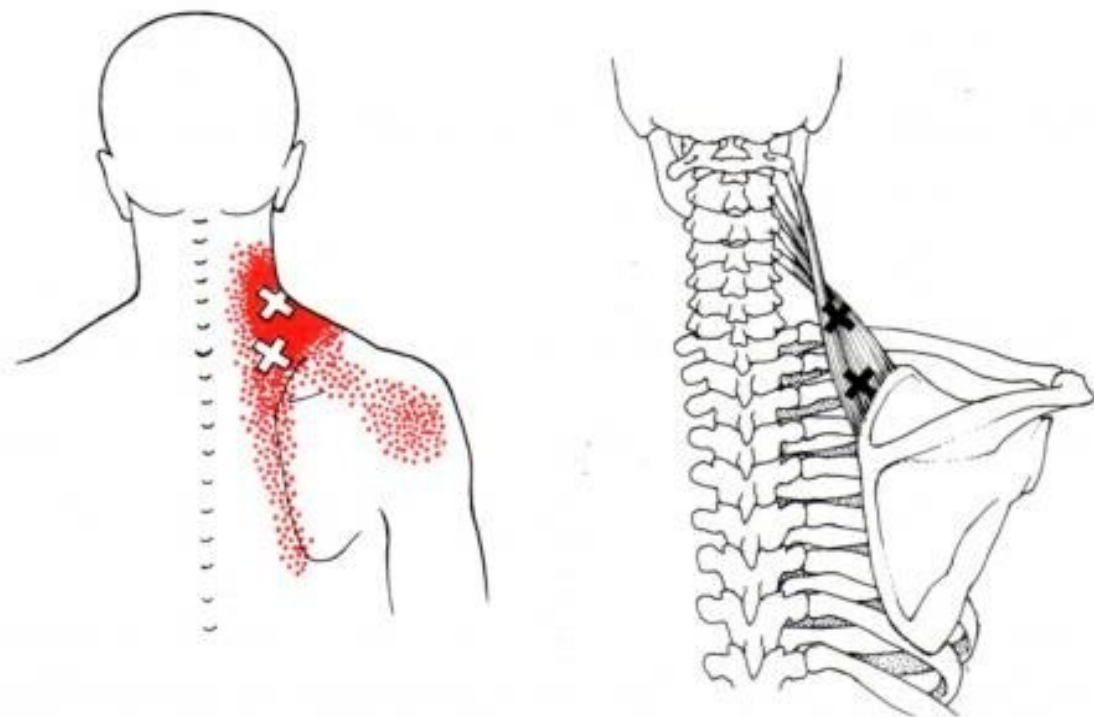
What Is The Levator Scapulae?	2
Trigger Points & The Levator Scapulae	3

The Levator Scapulae



The levator scapulae muscles originate from the posterior tubercles of the C1 through C4 vertebrae in the neck that is between the superior angle and the root of the scapulae spine. This superficial muscle's primary function is to elevate the scapulae or the shoulder blades while working together with the trapezius and rhomboid muscles to assist the movement. The levator scapulae muscles also assist in providing neck extension, ipsilateral rotation, and lateral flexion. When pathologies like fibromyalgia, levator scapulae syndrome, or cervical myofascial pain begin to affect the levator scapulae muscles, the symptoms can potentially involve the shoulders and neck to cause referred pain to the upper extremities.

Trigger Points & The Levator Scapulae



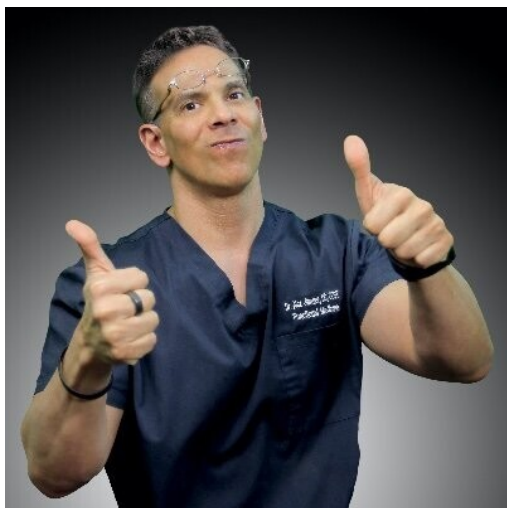
Trigger points occur in two places in the levator scapulae muscle. The first is just where the muscle attaches to the superior border of the scapula. This is common. A lot of people who have a sore shoulders will reach behind them. You can kind of reach this with the tip of your fingers, and the muscle itself is a flat muscle. It sits underneath the trapezius, so you have to do a little digging and find this particular trigger point, and often people will press it and, and, and play with it to try and relieve their pain. The second trigger point is halfway up the muscle, where the twist occurs in the muscle. Getting to this muscle is slightly difficult.

The trapezius overlies it, and you often have to feel underneath the trapezius. Again, you have to dig in to find this particular trigger point. When the triggers become active, you get this pattern of pain. The primary area is a very common place for people to feel pain. You can see somebody bringing their hand around this corner and grasping hold of that area, and it refers slightly up into the neck, across to the shoulder, and slightly down into this area. So, the center of it is right here. The central location of the pain resides between the scapula and the lower part of the neck, at the angle between the neck and the shoulder. One of the major symptoms that you get apart from pain is a feeling of stiffness. When the levator scapulae have trigger points, you have difficulty rotating your head to the side of the levator scapulae. So if it's on the right-hand side, you have a problem turning your head around. This is a classic. When somebody has pain in this area, they'll find that if they go to reverse the car, they'll turn their whole shoulders to get around to look behind.

Now, the possible causes of triggers in this muscle, well, it's because it's a posture muscle. If you sleep with your neck at an awkward angle, your pillow isn't adequate to support your neck. Therefore, if you have poor or suboptimal posture and slump position, this will turn on triggers. If you spend long periods holding a posture, such as working over at a computer or sitting for many hours, this will turn triggers on in this area. If you're stressed out, often emotional stress is expressed in the levator scapulae muscle. There are a related group of muscles here, which may also turn on and have triggers because there is no such thing as one muscle only. You know, all movements are complex. So related muscles that have triggers would be the trapezius, supraspinatus, rhomboids, and the infraspinatus muscle.

Disclaimer

Blog Information & Scope Discussions Our information scope is limited to Chiropractic, musculoskeletal, physical medicines, wellness, contributing etiological viscerosomatic disturbances within clinical presentations, associated somatovisceral reflex clinical dynamics, subluxation complexes, sensitive health issues, and/or functional medicine articles, topics, and discussions. We provide and present clinical collaboration with specialists from a wide array of disciplines. Each specialist is governed by their professional scope of practice and their jurisdiction of licensure. We use functional health & wellness protocols to treat and support care for the injuries or disorders of the musculoskeletal system. Our videos, posts, topics, subjects, and insights cover clinical matters, issues, and topics that relate to and support, directly or indirectly, our clinical scope of practice.* Our office has made a reasonable attempt to provide supportive citations and has identified the relevant research study or studies supporting our posts. We provide copies of supporting research studies available to regulatory boards and the public upon request.



We provide copies of supporting research studies available to regulatory boards and the public upon request. We understand that we cover matters that require an additional explanation of how it may assist in a particular care plan or treatment protocol; therefore, to further discuss the subject matter above, please feel free to ask Dr. Alex Jimenez DC or contact us at 915-850- 0900. We are here to help you and your family. Blessings Dr. Alex Jimenez DC, MSACP, CCST, IFMCP*, CIFM*, ATN* email: coach@elpasofunctionalmedicine.com Licensed in: Texas & New Mexico* Dr. Alex Jimenez DC, MSACP, CIFM*, IFMCP*, ATN*, CCST My Digital Business Card