

TriggerPoint
Sports Therapy Center LLC



3 Ways To

EASE THE PAIN!

How to Quickly Alleviate
Back, Neck & Shoulder Discomfort



So, you're having some pain... *and it's a total pain!*

Whether you are an avid athlete or an office athlete, you probably have fallen prey to nagging neck, shoulder, or back pain at some point in your life – in fact, you are probably experiencing one, or all of them right now! These hyperirritable spots are caused by repetitive movements such as looking at your phone, reaching for your purse, or throwing a ball around with your buddies. And while these activities may seem natural to you, they are putting strain on your skeletal muscles each time they are performed.

Bobby Maldonado, Owner
Trigger Point Sports Therapy Center

If you are experiencing this type of pain, you may have what's known as Myofascial Pain and Dysfunction Syndrome. That is when the fascial tissue and muscle interweave and form an adhesive web, creating a knot that causes the muscles to remain in a contracted state. This is called "a trigger point." A trigger point is not an injury. They are muscles that are stuck in contraction, which causes a decrease in blood, nerve, and oxygen flow. Not only to the tissue itself, but also to the brain.

At Trigger Point Sports Therapy Center, we understand that this type of suffering can make you feel irritable, uncomfortable, and annoyed. And in working with hundreds of patients in our practice, we know that neck, shoulder, and back pain can keep you up at night. It can also negatively affect your quality of life, including productivity, movement, and happiness.

You deserve to live a life you love, free of aggravated pain and frustration. That's why we created the "Ease the Pain!" guide - to give you instant ease until you are ready to get targeted relief from a professional trigger point specialist. The "Ease the Pain!" guide - to give you instant ease until you are ready to get targeted relief from a professional trigger point specialist.

You don't have to live with this aggravation anymore. It's time to stop the pain, and we are here to help you through this guide and beyond.

Sincerely,

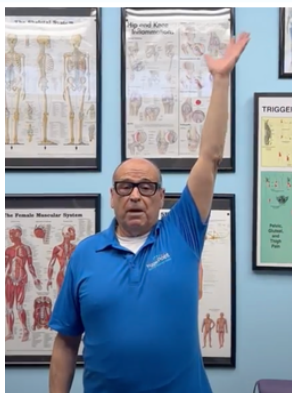
The Team at Trigger Point Sports Therapy Center LLC



LOW BACK STRETCH



Stand comfortably with your feet slightly wider than shoulder width apart.



Raise your hand and lift it straight up in the air.



Take your opposite hand and put it on your thigh, as shown in photo.

Inhale through your nostrils, exhale through your mouth, and slowly bend to the right while applying pressure to your thigh.



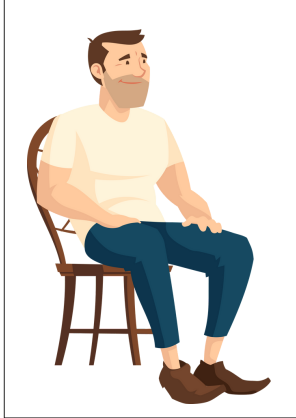
Stop and hold for 20 - 30 seconds, and then gently release. Repeat on the other side.



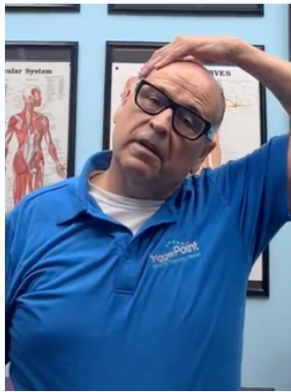
Click here to watch a [Trigger Point Specialist](#) perform this stretch.



NECK STRETCH



Sit comfortably in a chair.



Using your hand, gently pull your head to the side toward your opposite shoulder while inhaling through your nostrils and exhaling through your mouth.

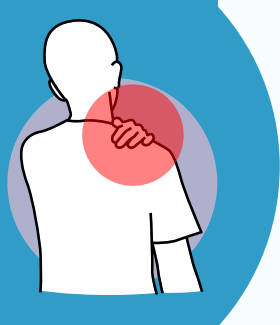
As soon as you feel the end, stop and hold for 20 or 30 seconds while breathing, and then release.



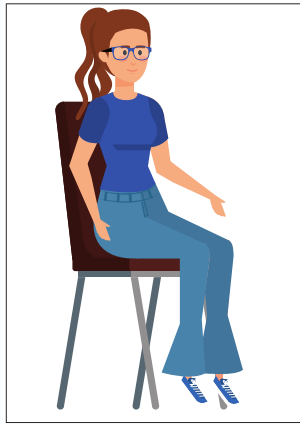
Repeat on the other side, holding for 20 - 30 seconds while breathing, and then gently release.



[Click here to watch a Trigger Point Specialist perform this stretch.](#)



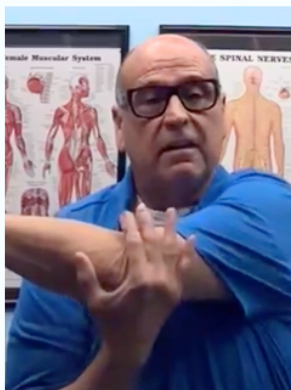
SHOULDER STRETCH



Sit comfortably in a chair, or stay standing.



Place your hand behind your opposite elbow and gently pull your arm across your chest. Hold for 20 to 30 seconds, inhaling through your nostrils and exhaling through your mouth.



Repeat on the other side, holding for 20 - 30 seconds while breathing, and then gently release.



[Click here to watch a Trigger Point Specialist perform this stretch.](#)



Stretches are bandages. Treatment is the solution.

A note from Bobby Maldonado, owner of Trigger Point Sports Therapy Center LLC

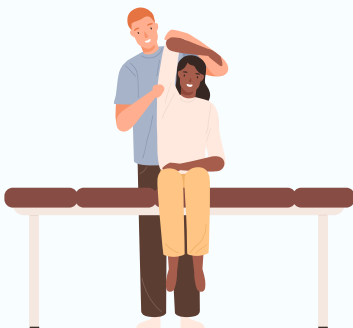


Stretches like the ones found in this guide are meant to relieve your trigger points, but only temporarily. While these exercises may help you sleep at night, swing a tennis racquet, or get through a day in the office, the pain may return with a vengeance if a trigger point specialist does not address the root cause.

So the question is, are you ready to stop the pain?

Contact us at Trigger Point Sports Therapy Center to book your **free** consultation NOW so we can help you release your tight muscles with non-invasive, drug-free targeted therapy.

- Enhanced Circulation
- Decreased Anxiety and Tension
- Improved Mobility and Flexibility
- Better Sleep
- Improved Energy Levels
- Better Quality of Life



Patient Transformation: "I have pain on my lower back and arms due to years of working at my desk. Bobby uses his trigger point massage technique to reduce my pain effectively. He also gives me suggestions on stretches and tools to help me get better. He shows genuine care for his clients and tries his best to help his clients to get better. I would highly recommend Bobby for anyone that wants to explore trigger point massage as an option to manage and reduce your pain." -Lei G

Book a treatment at Trigger Point Sports Therapy Center TODAY by visiting triggerpointssportstherapycenter.janeapp.com or calling 657.201.9088

**If you don't have an increased range of motion after one treatment, you'll get your money back!*