



# Treating

# Trigger Points

**Along The  
Abdominals**

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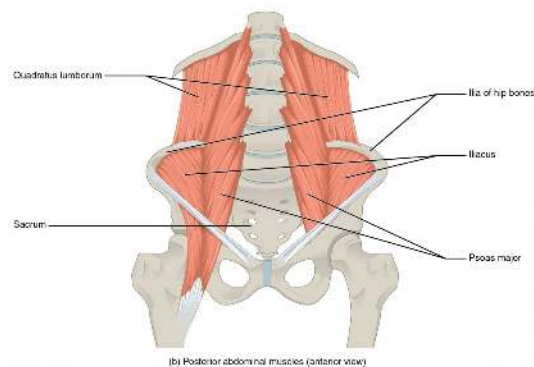
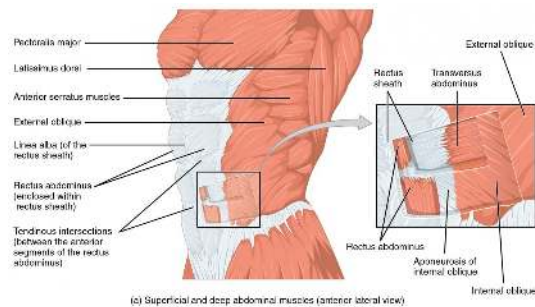
# What Is The Lower Torso?



The body's lower extremities have a very important role as it helps support the upper body's weight and provide stability to the lower body. The lower half of the body consists of the lower abdominals, hips, pelvic, and buttock regions, which have various muscles surrounding the lumbar and pelvic areas of the spine. These muscles help protect the lower vital organs and work with the central nervous system to utilize the sensory-motor function of the legs and feet. When normal factors like prolonged sitting or standing begin to affect the lower body, it can cause referred pain to travel down to the legs and push the lower extremities to develop symptoms associated with trigger points on the lower torso. Today, we will look at the lower torso, how trigger points affect the lower torso, and therapeutic ways to manage trigger points in the lower torso.



Have you been feeling stiffness around your hips lately? Have you noticed that you are leaning forward constantly, causing strain on your lower back? Or have you been experiencing pain in one location in your lower half? When dealing with these issues in the lower half of the body, it could correlate with somato-visceral symptoms associated with trigger points in the lower torso. The lower torso of the human body, or the lower abdominals, is defined as the anterior region of the trunk between the thoracic diaphragm and serves as the cavity to house the digestive, urinary, endocrine, and parts of the reproductive system. The lower torso has various muscles and nerves that surround the lower back, the hips, the pelvis, and the buttock region of the body that stabilizes the legs when in motion and supports the upper body. The muscles in the lower torso also surround the lumbar and pelvic areas of the spine to protect the joints and vertebrae from becoming dysfunctional. When issues begin to rise and affect the lower torso, it can lead to overlapping problems affecting the body's lower extremities.



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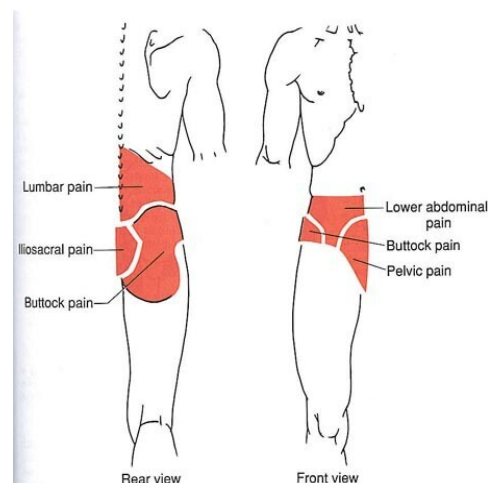
# How Do Trigger Points Affect The Lower Torso?



Some of the issues affecting the lower torso that most people don't realize are that prolonged sitting or standing can cause problems to the legs, hips, pelvis, and feet. This causes the blood supply to pool into the legs and feet, thus causing swelling and muscle weakness in the lower torso muscles. Another issue is when the lower torso has been through a traumatic event that can cause the affected muscles to develop tiny nodules known as trigger points to cause problems in the lower back, hips, pelvis, and buttock region of the body. Studies reveal that trigger points are often characterized by pain causing a limited range of motion in the joints while causing muscular contracture and mimicking other chronic conditions affecting the muscles. When trigger points affect the muscles in the lower torso, "Myofascial Pain and Dysfunction," written by Dr. Janet Travell, M.D., pain associated with movement can cause tingling or electric sensations down to the lower extremities causing somato-visceral referred pain to the lower torso.

Since the nerve roots from the spinal cord branch out to the various muscles and become irritated, causing referred pain to different areas of the lower extremities.

Have you been dealing with hip mobility issues? What about experiencing low back pain after being in a hunch position for an extended period? Or have you been experiencing problems in your pelvic region? Many of these issues are correlated with trigger points associated with the lower torso. Trigger points or myofascial pain syndrome are caused when the affected muscles have been overused or been through a traumatic event that causes referred pain to different body locations.



Now there is a lovely way for a doctor to examine a patient with abdominal pain. Regarding abdominal pain, it can be due to inflammation in the gastrointestinal tract or somato-visceral pain from the affected muscles that also affect the surrounding organs of the body. When dealing with abdominal pain, there is a way to sort out where the pain comes from superficial trigger points or a very deep structure affecting the organs. So if a person says, "Oh, I've got a terrible pain in my abdomen." and shows the doctor where the pain is located, the doctor presses that location, and the patient says, "Oh, that's sore." What they do is that they instruct the patient to prop their feet and do a little crunch where they lift their head and shoulders. To that point, the abdominal walls are tightened, and under these circumstances, the deeper structures are now being protected by the tight muscles that the doctor is pressing in the abdomens.





03

# Trigger Point Therapy For The Abs





So abdominal pain can be numerous factors that affect the individual's abdominal, it could be somato-visceral or visero-somatic pain where it affects the muscle and organs, referred pain where the pain is in a different location of the body besides the abdomens, or inflammation in the gut system that is correlating with the abdominals that are causing pain. To that point, there are ways to treat trigger points associated with the abdominals. Ischemic pressure is one of the ways to find the trigger points along the abdominals by feeling along the abdominal muscles for tight, taut bands that are running towards the lower abdominals and finally pressing the muscle using ischemic pressure principles. This will reduce and loosen the trigger points along the abdominals. Another treatment for abdominal pain is chiropractic care. Now how does chiropractic care associated with abdominal pain?



04

# Therapeutic Ways To Manage Trigger Points In The Lower Torso





Well, abdominal pain associated with gut inflammation can lead to muscle and joint issues. Muscles around the torso can become stiff, causing limited movement near the hips and lower back. When this happens, it can lead to low back and hip pain that causes areas of complaints of muscle aches, limited mobility, and locked joints. Chiropractic care can help realign the joints using spinal manipulation and can loosen up the stiff muscles to realign the body, and the individual can be pain-free.

Pain specialists like chiropractors and massage therapists will use various techniques to reduce the pain and alleviate the trigger points from the affected muscles. Many often go to a pain specialist who deals with trigger points through recommendations by their primary doctor. They will go through an examination process and explain to the pain specialist where the pain is located. Afterward, they will devise a treatment plan with the patient's primary doctor, allowing them to follow a routine to prevent the pain from returning. Various techniques like stretching the abdominals, exercising, and resting can manage trigger points from returning to the affected muscles and even help bring muscle strength back to the body.



The lower torso consists of the hips, lower back, pelvis, and buttock region while protecting the body's vital organs. The lower torso helps stabilize, the lower body extremities and supports the upper body's weight. When normal issues like prolonged sitting or standing start to cause muscle strain to the lower torso region, it can develop trigger points to cause various problems to that region and cause mobility issues in the lower abdominal area. When the pain becomes unbearable, many individuals go to a pain specialist to help manage the trigger points from affecting the lower torso region and bring back mobility function to the lower extremities.



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