

## TRIGGER POINT TREATMENT

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Make an Appointment Today!

For further information, call  
604.985.4135 loc 273

**Monday to Friday**  
**7 am - 7 pm**  
**Saturday**  
**10 am - 2 pm**

This dynamic offering is open to the **General Public** including patients of the **North Shore Sports Medicine Clinic**.

Medical referrals are not required for any Clinic services.

### Our Services Include

- **Physiotherapy**
- **Massage Therapy**
- **Acupuncture**
- **Rehabilitation Gym Visits**
- **Athletic Screening**
- **Orthotics**

## WHERE TO FIND US

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### North Shore Winter Club

**1325 East Keith Road**  
**North Vancouver, BC V7J 1J3**

**Travelling west to exit 21(a)**  
from Hwy #1. Left at stop sign, down hill through lights. Building on the left.

**Travelling east to exit 22**  
from Hwy #1. Right at each of next two lights. Over bridge, left at next light. Building on the left.

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### Our Mission Statement

To provide you with the very best care possible.



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**Pain Relief**

**Covered by MSP**

**No Referrals Required**

**NORTH SHORE WINTER CLUB**  
**1325 East Keith Road**  
**North Vancouver, BC V7J 1J3**  
**Tel: 604.985.4135 loc 273**  
**Fax: 604.904.3691**

[www.northshoresportsphysio.com](http://www.northshoresportsphysio.com)

## What Is Trigger Point?

With most injuries, muscles play a large role in causing pain. When a muscle is injured, it is only a few points on the muscle that become sensitive. These points are called Trigger Points. They cause pain in the area and in distant areas called referred pain.

These knots are highly electrically charged, have decreased oxygen supply and release many chemicals which further aggravate the problem. Once these knots are released the muscle regains its normal elasticity, thereby relieving the pain.

Treatment involves an injection of local anaesthetic in the trigger point. 80% of the benefit is garnered just by inserting the needle into the Trigger Point.

## Physiotherapy + Trigger Point = Cure

### Looking for IMS?

Trigger Point can be just as effective as IMS, and for some patients, the pain relief can be much quicker and involves less needling.

Trigger Point Treatment is effective in reducing pain in a given area and will facilitate speed of recovery, but it only treats the symptom. Physiotherapy is essential for facilitating long term results with better movement patterns, and full, pain free function.

Acute problems may take 3-4 treatments, while chronic problems can take 8-10 treatments.



## How long will it take for the pain to decrease?

### What is the cost of treatment?

There is no cost to the patient as Trigger Point Treatment is covered by **MSP**.



Dr Naran is a family physician in full time practise for the last 17 years and has now included Trigger Point treatment and acupuncture in his daily practice.

For more information, please go to [www.doctornaran.com](http://www.doctornaran.com).