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Abdominal Organs

Body Region:	Abdominal Organs
Conditions Associated with TPs:	Many varied conditions
General Symptoms:	Abdominal pain
Common Causal Activities:	Often follows surgery, trauma or infection. This is only a secondary aspect of the primary condition. It is most evident when there is lingering pain well beyond the normal healing time for an abdominal condition.
Anatomy Picture:	
Self Care:	See Colon or Psoas Muscle treatment
Therapist Care:	A good knowledge of the location of the affected organ is necessary. Gentle pressure to a tolerable discomfort or pain level is appropriate. It's best to wait on this treatment until okayed by the treating physician to make sure the organ is essentially healed before beginning treatment.
Special Notes:	

The abdominal region is best done in a position lying down on your back. The placement of the hands is not so much to pull the ABT into the TP but to allow the weight of your hands and arms to pull the ABT into the TP. The key is to position the ABT so that it is balanced with minimal muscle effort while the pressure is being exerted.



The first illustration is for the [Psoas](#) (pronounced "so-ass") Muscle. The hook end is placed on the Psoas Muscle while the straight end is placed on the floor, bed or your shoulder depending on how tall you are. Grip the ABT lightly but firmly so that your hands don't slip. Interlock the fingers to help hold the hands in place without much effort.

The top of the Psoas Muscle is located deep into the abdominal cavity attached to the front of the low back vertebrae at the same level as the bellybutton. It



travels downward and toward the surface of the abdomen as it reaches the Pubic Bone, crosses in front of it and attaches into the top of the Thigh Bone. Make sure your ABT stays very close to the center line of your body (white dots). It's a narrow muscle. The lower end of the Psoas Muscle is located along the internal line in the groin area. Place the outer side of the ankle on top of the other knee and let the leg drop outward. You will be able to feel an indentation about halfway down the line called the Femoral Triangle where you can get to the



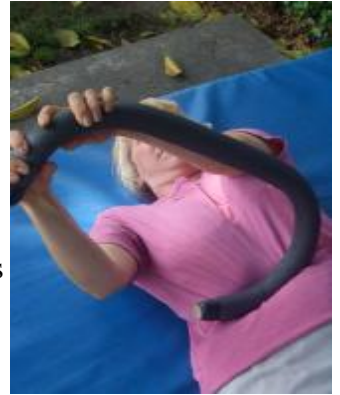
bottom end of the Psoas Muscle.



The treatment for the Colon is the same as the Psoas Muscle except for location. The Colon is the large intestine which travels upward from the lower right part of the abdomen to just under the rib on the right then across just below the ribs to the left side and then down the left side (blue dots).



If you have a lot of trigger points you can treat more at one time so long as they are very close together. Use the ABT as shown to press the back of the hook curve into the muscles you are treating. This works well for doing both sides of the upper Psoas Muscles or for a few inches of the Colon at a time. A technique that can be used for both is a rolling of the curved end over the muscles in the Psoas or Colon. Set the curved end over the muscle as shown. Grip the ABT as high as possible with a balanced position. Let gravity



pulling your arms down do most of the work. Slowly rock the ABT until it is on a TP. Stop. Let it do it's work, then rock to the next TP.

Check the picture on the [Colon](#) page to understand where it's located.

The Diaphragm is a muscle attached to the inside of the ribs and accessible by pulling up under the ribs. In this case you will use the hook end but will have to actively pull it under the ribs while the straight end is angled up into the air. Use the lower end of the ABT and grip it firmly. If you can suck in your stomach to elevate your ribs it will work better.



TPs associated with internal organs are a variation of these techniques based on location, history and causative factors.

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