

# Trigger Point



This 60 hour course teaches the essential methods of addressing regional pain problems efficiently and effectively. Myofascial trigger points are characterized by local tenderness and referred phenomena (pain, tingling, numbness, burning and aching) which are often caused by trauma and stress. Trigger point work is highly beneficial for athletes and often included in Sports Massage and Deep Tissue Massage.

## Students will learn to:

- readily locate trigger points
- quickly deactivate trigger points with ischemic pressure
- teach clients self-care (ischemic compressions, stretch and strengthening)
- cross fiber friction tendons and ligaments
- address shoulder, rotator cuff, groin pulls and other common injuries
- address leg and knee, hip and thigh, neck, mid torso, hand and wrist, and pelvic pain



**2023 Class:** Monday, Feb 6 – April 3 4:30-8:30 pm;  
Monday, April 10 - 24 4-8:30 pm

**Clinic:** May 1 -22 (Mon) 4-7:15 pm (Choose 3)

**Reg Fee:** \$50 • **Tuition:** \$1080

**Required Reading:** [Trigger Point Therapy Workbook](#)



## Noah Lucas, NMT, NASM-CPT

Noah is a graduate with honors from the National Holistic Institute where he received both his 800 hr core and 450 hr advanced neuromuscular therapy training in the field of massage therapy. He holds the professional titles of CAMTC Certified Massage Therapist, Advanced Neuromuscular Massage Therapist and Health Educator, and National Academy of Sports Medicine Certified Personal Trainer. Noah's passion in life is to share his knowledge and skills to help people understand and change their relationship with pain and posture through education, movement, and bodywork.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

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*“Noah Lucas is simply incredible, he is not only one of my favorite instructors here at SBBTI, but one of the best teachers I’ve had throughout my years in academia. His approach to teaching anatomy and physiology is not only informational and integrative, its super fun as well! In the past, I have found it quite difficult to wrap my head around some of the more complex functions and structures of the human body. Noah Lucas manages to teach these difficult topics in a way that isn’t overwhelming or dry, but instead exciting and straightforward. He teaches with the kind of enthusiasm that makes you want to learn, and the way he integrates the material with massage therapy is done so seamlessly. His extensive knowledge of myofascia and the related lines have had a lasting impact on how I think about the human body in relation to body work, and I am very excited to continue learning from him. “*

**-Marina Katsanes, 550 student**

*”Noah’s enthusiasm creates an engaging and fun learning environment. His ability to explain complex subjects in a way that is easily understandable makes it a pleasure to learn from him”*

**-Madison Walls, 550 hour student**

Noah is very knowledgeable in the subject matter. Great class material and class structure. He is very engaging in his methods of teaching. *I highly recommend classes taught by Noah”*

**-Veronica Franca, 1000 hour student**