

Dr. David Hubbard's research:

- Trigger point produces spontaneous needle electromyographic (EMG) activity that is much more pronounced than that observed in adjacent, non tender muscle fibers.
- It appears that “trigger points” are essentially hyperactive muscle spindles that contain intrafusal muscle fibers that are in spasm because of sympathetic stimulation
- When sampled, 5Hydroxy Dopamine (a sympathetic nervous system indicator) was present in the muscle spindle.
- Stress, caffeine, alcohol cause contraction - low level
- It is believed that the low level contraction of the muscle spindle causes the fatigue/pain in fibromyalgia, CFS

