

Download Trigger Point Therapy For The Quadratus Lumborum

Bow Down to the Masters of Low Back Pain. Nothing gets a person on their “hands and knees” quicker than active trigger points in the quadratus lumborum muscle. The quadratus lumborum (QL) is the deepest abdominal muscle. It’s located in your lower back on either side of the lumbar spine. It starts at your lowest rib and ends at the top of your pelvis. Myofascial trigger points, also known as trigger points, are described as hyperirritable spots in the skeletal muscle. They are associated with palpable nodules in taut bands of muscle fibers. They are a topic of ongoing controversy, as there is limited data to inform a scientific understanding of the phenomenon. Quadratus lumborum pain is located deep in the lower back on both sides of the spine. Learn about the symptoms, treatment, and prevention.