

## Types of knots

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A soft tissue nodule is commonly referred to as a knot. While it would be impossible to have a muscle tied into a physical knot, there are many ways in which a given tissue can feel lumpy or bunched up. This is technically referred to as a nodule or commonly as a knot.

- Adhesion – this is where scar tissue has formed and created a restriction in the sliding surfaces of myofascial layers. It can “bunch up” one or many layers.
- Taught Band – this is where band within a muscle, or in the case of a long slender muscle, the whole muscle is tight, lumpy, or ropey.
- Stuck Fascia – this is a fascial restriction where one of the many layers of fascia are bunched up or hypertonic creating a nodule.
- Taught Tendinous Attachment – this is where the tendinous attachment of a muscle is extra tight, lumpy, or ropey.
- Trigger Point – this is a hyper irritable nodule within a taught band. Specifically, it refers pain to other areas.
- Combination – any given combination of these knots may occur within the same point or region.