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(57) Abstract :

The present disclosure pertains to a device (100) to facilitate relieving trigger point for an entity. The device (100) includes a pad (104) adapted to be positioned on a trigger point associated with the entity, a spring (106) configured with the pad (104) and adapted to move from a first pre-determined position to a second pre-determined position upon exerting a pre-defined pressure on the spring (106) by the entity, where the pre-defined pressure exerted on the spring (106) facilitates compression in the pad (104). The device (100) includes a first set of sensors (108) coupled to the spring (106) and configured to sense pressure exerted on the spring (106) and correspondingly generate a first set of signals, a heating element (110) operatively coupled to the first set of sensors (108) and configured to dissipate heat on the trigger point upon receiving the first set of signals.

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