

www.TriggerPointSolution.com

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TRIGGER POINT *SOLUTION*



2.0

CEC EXAM

Get Pain Free and Enjoy Life

- Edition 2 -

Trigger Point Solution 2.0

Exam Packet

Unconditional Guarantee

If you are not completely satisfied with the Exercises For Injuries correspondence course *Trigger Point Solution*, you may exchange your course or receive a full refund, period.

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Course Syllabus

Welcome to the Exercises for Injuries correspondence course *Trigger Point Solution*.

Course Materials

Trigger Point Solution materials are as follows:

- *Trigger Point Solution* series – 5 videos
- Exam Packet

Course Instructions

This course is self-directed, which enables you to work at your own pace without the help of an instructor. We recommend that you complete the course and take the exam within the year you purchased the course. The following sequence is an effective way to complete the course.

1. **Learn** — Watch the five *Trigger Point Solution* videos.
2. **Practice** — Perform each of the exercises before teaching them to your clients.
3. **Test** — Complete the exam, course evaluation, and certificate information. For successful completion, a minimum of 24 out of 30 points (80%) must be achieved on the exam. Instructions for taking the exam are on page 5.

Take Your Exam

Instructions

- Only one person may receive continuing education credits for this exam.
- This is an open book exam.
- Select the best possible answer for each test question.
- Score your answers on the Exam Answer Sheet.
- Keep a copy of your exam for your records.

Taking Your Exam

Complete the below exam form.

After completing the exam, please email, fax or mail the course evaluation, certificate information and completed answer sheet to Exercises for Injuries.

E-mail: support@ExercisesForInjuries.com

Fax: (604) 677-5425

Note: To receive CECs/CEUs for this course, complete the exam and submit it for scoring within the year you purchased the course.

Please also complete the Course Evaluation and Certificate Information and send them in with your completed answer sheet.

Trigger Point Solution

Exam Answer Sheet – Version 2 -

Name _____ Date _____

Phone _____ Score (30 possible) _____

Please circle your answers (no Xs or blackouts)

- | | |
|-------------|-------------|
| 1. A B C D | 16. A B C D |
| 2. A B C D | 17. A B C D |
| 3. A B C D | 18. A B C D |
| 4. A B C D | 19. A B C D |
| 5. A B C D | 20. A B C D |
| 6. A B C D | 21. A B C D |
| 7. A B C D | 22. A B C D |
| 8. A B C D | 23. A B C D |
| 9. A B C D | 24. A B C D |
| 10. A B C D | 25. A B C D |
| 11. A B C D | 26. A B C D |
| 12. A B C D | 27. A B C D |
| 13. A B C D | 28. A B C D |
| 14. A B C D | 29. A B C D |
| 15. A B C D | 30. A B C D |

Trigger Point Solution Exam

1. What is a trigger point?

- a. A temporary diminution of the irritability or functioning of organs, tissues, or cells after excessive exertion or stimulation.
- b. A hyperirritable spot, usually within a taut band of skeletal muscle or a muscles fascia.
- c. A physically painful or sensitive, as a wound, hurt, or diseased part.
- d. Part of a muscle not in a state of good or normal health; in an unsound, weak, or morbid condition.

2. One of the characteristics of a trigger point is pain. Which of the following is true (choose only one)?

- a. The pain and the trigger point are in the same location.
- b. Trigger points don't often cause pain.
- c. Trigger points refer pain in a specific, characteristic pattern.
- d. If pain is in the left side of the body, the trigger point is in the right side.

3. Sometimes, trigger points can cause phenomena other than pain. What are some examples?

- a. Headaches and stomach cramps.
- b. Sweating, salivating, formation of goose bumps, dizziness, nausea, and ringing of the ears.
- c. Loss of the senses.
- d. Extreme fatigue.

4. What are some of the reasons trigger points may increase from latent to active?

- a. Condition of the muscle, accumulation of toxins, dehydration, and staying the in same position for a long period of time.
- b. Stretching before a workout.
- c. Poor nutrition.
- d. Developing an active lifestyle after being sedentary for a long period of time.

5. What is a "Jump Sign"?

- a. A visible, red spot on the skin.
- b. A physiological response by the tissue or the reaction of the client/patient indicating they don't want you to touch that area.
- c. A bruise.
- d. An allergic reaction.

6. What are the components of a muscle?

- a. Muscle walls, atrium, and ventricle.
- b. Fibrous tissue and collagen.
- c. Myofilaments, myofibrils, muscle fibers, and fascicles.
- d. Ligaments, fundus, and cardia.

**7. Which of the following is true about the characteristics of trigger points?
Choose only one.**

- a. It is the same as a tender point.
- b. Trigger points are untreated cysts.
- c. They begin as a scar from an injury.
- d. Trigger points can cause pain, sweating, or nausea, among other symptoms.

8. How long does can a latent trigger point last?

- a. Days, weeks, or even years.
- b. It's just a quick muscle spasm.
- c. It lasts until it's treated with medicine.
- d. Two-four hours.

9. The most popular theory on how trigger points are formed says...

- a. They occur when the sebaceous glands, which are located at the base of hair follicles, become overactive.
- b. It's a combination of fatigue, repetitive trauma, and poor circulation, all leading to energy deficiency and an overdriven nervous system.
- c. It's a result of not being active enough.
- d. Trigger points are common in among the elderly.

10. Trigger points can be activated by...

- a. Active muscles.
- b. Dehydration.
- c. An intense workout session.
- d. Load, trauma, fatigue, chilling, stress or disease.

11. What are some other methods (aside from SMR) to get rid of trigger points?

- a. Regular exercise, and professional massage.
- b. Sauna treatments and red light therapy.
- c. Dry needling, injections, spray and stretch, shockwave therapy, ultrasound, and low-level laser.
- d. SMR is the only option.

12. Name the four types of trigger points.

- a. Active, Latent, Satellite, and Secondary.
- b. Secondary, triple, soft, and sharp.
- c. Sleeping, latent, bundle, and deep.
- d. Satellite, round, rough, and bundle.

13. What is the most important part of the assessment process?

- a. Stretching.
- b. Know your anatomy and trigger point referral patterns.
- c. Muscle testing.
- d. Talking to your client.

14. Why should SMR never replace manual therapy?

- a. Manual therapists have gone through extensive training, and can offer insight, and accountability.
- b. Not everyone can complete SMR.
- c. SMR is not always the answer for trigger points.
- d. Manual therapy and SMR are equal in their response to trigger points.

15. What characteristic does a satellite trigger point have?

- a. Headache and sinus pressure.
- b. It's the referral point of another trigger point
- c. It forms a visible spot on the skin.
- d. The entire body becomes fatigued, weak.

16. How do you complete the sustained compression method?

- a. Using a foam roller for one minute.
- b. Using any tool, applying intense pressure.
- c. Using a trigger point tool, increase compression in a cyclical manner, with 3-5 reps.
- d. Using short and fast repetitions.

17. What is Self Myofascial Release?

- a. Rubbing the temples to relieve pressure.
- b. Stretches to relieve pain and soreness.
- c. Training to complete a deep tissue massage.
- d. Using a tool to help perform self massage, which improves tissue quality, because it improves circulation and decreases the formation of toxins.

18. A trigger point is not:

- a. A hyperirritable spot within a taut band of muscle.
- b. A tender point.
- c. A hyperirritable spot within a muscle fascia.
- d. There is no such thing as a trigger point.

19. What are the SMR methods used for trigger points?

- a. Short compression and long compression.
- b. Foam roller, trigger point tool.
- c. Dry needling after using the foam roller.
- d. Sustained compression, repetitive soft tissue manipulation, and a combination of the two.

20. What is repetitive soft tissue manipulation?

- a. Using a tool, repetitively using that tool to massage out the trigger point, gradually increasing the intensity.
- b. Finding one stretch that feels good, and repeating it.
- c. Massaging only the soft tissue in the body.
- d. Using a lacrosse ball to massage the trigger point.

21. What are some questions you should ask during a client intake/assessment?

- a. When were you injured?
- b. Do you know what a trigger point is? Have you ever performed SMR?
- c. Do you have current injuries and if so, what type? Do you have complaints of weakness, fatigue, or stiffness?
- d. Will you be able to perform SMR?

22. What does an adequate assessment process do?

- a. It provides a precise path for treatment, rehabilitation or treatment.
- b. Allows the client to get a prescription for the pain.
- c. Provides information for statistics and measurements.
- d. Gives you a chance to meet the client.

23. What is the proximal to distal SMR principle?

- a. Starting at one end of the body and working toward the other end.
- b. Starting the SMR tool as close to the mid line as possible; concerning limbs, start at the attachment closest to the trunk; start using the tool to work away from the midline or down the limb
- c. Working without using any trigger point tools.
- d. Performing the massage using the Thera-cane.

24. What are some examples of trigger point tools?

- a. Broomstick, hot stones, and gel packs.
- b. Foam roller, massage ball, stick or tiger tail, Thera-cane
- c. Stones, foam roller, or a Slimulator.
- d. Gel packs, tiger tail, or massage ball.

25. When should SMR methods NOT be used?

- a. If there is an acute inflammatory response, local skin conditions, unfamiliar growths or infections, systemic diseases, circulatory conditions, or sensory disturbance.
- b. Without a doctor's consent.
- c. If the client's injury was recent.
- d. If the client cannot perform SMR.

26. What is the superficial to deep SMR principle?

- a. Starting the massage at one point of the body and working toward the other side.
- b. Using hot stones and golf balls during the massage.
- c. It's about maximizing SMR to influence the nervous system; begin working tissue near the surface under moderate tension; work deeper under less tension
- d. Relieving muscle tension with hot and cold therapy.

27. Aside from getting answers, what is another benefit from giving an adequate assessment?

- a. It collects information for statistics and measurements.
- b. You get a chance to meet the client.
- c. You can create a plan with SMR.
- d. Time spent in assessment leaves more quality, focused time with your client.

28. What is true about the brain, when it comes to Brain vs. foam roller?

- a. Your brain cannot be tricked.
- b. The brain is the gatekeeper to pain
- c. Trigger points always start in the brain.
- d. Your brain can never be retaught

29. What's one difference between SMR and Manual Therapy?

- a. SMR should never replace manual therapy.
- b. SMR works for everyone.
- c. SMR will always heal a trigger point.
- d. Manual therapy is better than SMR.

30. Which are components of the assessment process?

- a. Getting the client's weight and measurements.
- b. Look at the standing posture, assess range of motion/movement, measure muscle strength, and look for spots of tenderness.
- c. Weight, body mass index, and blood pressure.
- d. Gather the client's medical history.

Trigger Point Solution

Course Evaluation

Thank you for completing this evaluation. Your responses will help us in our efforts to continuously improve this course. Please rate the following on a scale of 1–5 (circle one).

	Strongly agree			Strongly disagree	
The course content covers stated objectives.	1	2	3	4	5
The content is up-to-date and comprehensive.	1	2	3	4	5
It was clear how to use the course materials.	1	2	3	4	5
I am able to apply what I've learned.	1	2	3	4	5
This course met my expectations.	1	2	3	4	5
The customer service representative was knowledgeable of product.	1	2	3	4	5
The customer service representative was courteous and handled my call efficiently.	1	2	3	4	5

Would you recommend this course to a friend or colleague? Yes No

Describe how you will be able to apply the content in this course to your work.

What have you gained from this course?

Any recommendations or general comments?

Please share with us the name of a friend or colleague who would be interested in receiving information about Healing Through Movement courses.

Name

Address

Email

May we have your permission to use your comments and name in future publicity about our programs?

Yes No If yes, please sign here

Thank you for completing this evaluation.

***You must email, fax or mail these pages:
Answer Sheet, Course Evaluation, and Certificate Information.***

Trigger Point Solution

Certificate Information

- Legibly print your name as you would like it to appear on your Certificate of Achievement.
- Place a check mark next to each of the certification(s) you are renewing. This information is
- Necessary for you to receive a Certificate of Achievement.
- Return only the Exam Answer Sheet(s), Course Evaluation, and Certificate Information.
- Use black ink when faxing.
- Fax or email to: Fax: (604) 677-5425 / EMAIL: support@ExercisesForInjuries.com
- Keep a copy of your Certificate of Achievement for your records.

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Phone () _____ Email _____

Have you changed your address since you purchased this course? Yes / No

√	CECs	Certification	Association
	0.3	NSCA	National Strength & Conditioning Association
	3.0	BCRPA	British Columbia Recreation & Parks Association
	3.0	BCAK	British Columbia Association of Kinesiologists
	3	CSEP	Canadian Society of Exercise Physiologists

If your association has not pre-approved this course, you may petition your association for the CECs.