

Trigger Point Solutions

Trigger Point Basics

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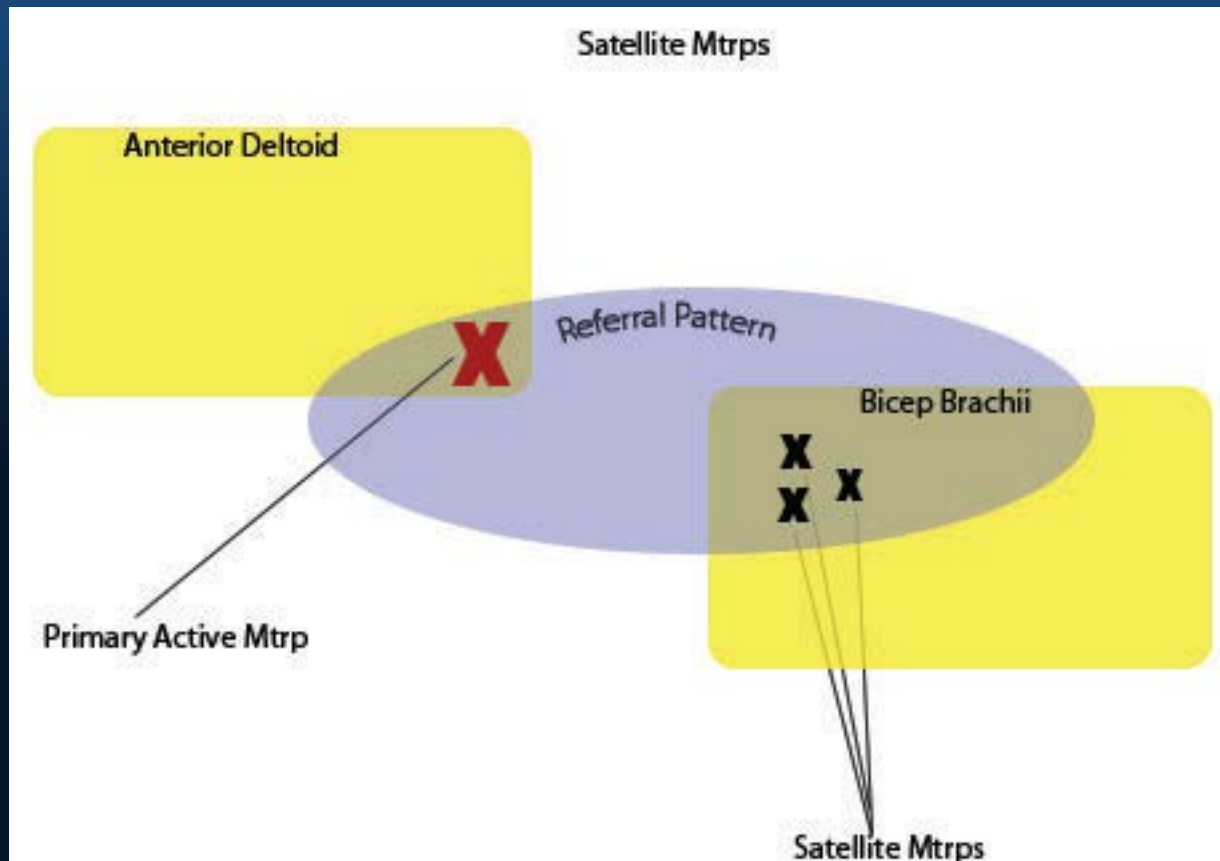
Seminar Objectives

- Discuss the types of Mtrps
- Identify characteristics of Mtrps
- Discuss differences between Mtrps and other injuries
- Develop a client intake process specific to Mtrps

Types of Mtrps

- Active MTrps – Cause a person pain
- Latent MTrps – silent no active pain felt
- Satellite MTrps – Arises due to referral patterns of other trigger points
- Secondary MTrp - Arise because of functional instability

Satellite Mtrps



Characteristics

- A. MTrps refer pain in specific characteristics pattern
- B. Active MTrps vary in intensity
- C. Trigger points activated by load, trauma, fatigue, chilling, stress or disease

Characteristics

- D. MTrps may increase from latent to active for a variety of reasons
- E. MTrps long outlast the mechanism that caused them
- F. Mtrps can produce symptoms other than pain
- G. MTtrps can cause weakness, pain and stiffness in the involved muscle

What a Mtrp is not!

- Tender Point
- Neurological referral
- Superficial nerve
- Periosteal Irritation
- Scarring due to injury
- Fascial restriction
- Visceral referral patterns
- Cysts

Client Intake

- A. Begin all assessment with a correct client intake
- B. Do they have any injuries and if so what type
- C. Are there complaints of weakness, fatigue or stiffness
- D. Are other symptoms present that may be coming from Mtrps