

Trigger Point Solutions

Anatomy and Physiology

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Biography

- University of Western Ontario Health Science Grad
- Massage Therapy Training
- Clinical practice as a massage therapist and sports injury therapist
- Specializes in treating distance runners and tri-athletes, both amateur elite and professional
- Entering 6th year of clinical instruction to massage therapists and sports injury students
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Seminar Objectives

- Review muscle anatomy
- Review muscle physiology in its simplest form
- Define a myofascial trigger point
- Review popular theories of Mtrp development

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Knowledge is Power!

When used properly.....

- Some of the information in this presentation may be beyond your scope of practice
- There is plenty of learning material throughout
- One of the best results of learning is the recognition that something is beyond your scope!

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What is a trigger point?

- “A hyperirritable spot, usually within a taut band of skeletal muscle or a muscles fascia”
- Refer to as MTrp for the purpose of presentation

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Muscle Anatomy

- Muscle cells form myofilaments
- Myofilaments (actin and myosin) make myofibrils
- Myofibrils form muscle fibers

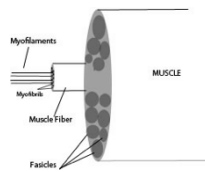
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Muscle Anatomy

- Muscle fibers make bundles or fascicles
- Fascicles combine to make a muscle
- Fibers, fascicles and muscles are surrounded by connective tissue coverings call fascia

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Building Blocks of Muscle



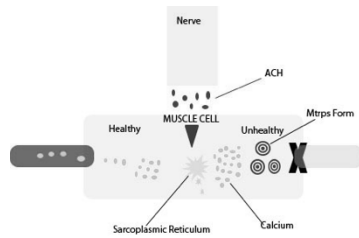
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How are Mtrps formed

- Thought to arise from areas of shortened sarcomeres within a muscle
- Hypersensitivity of the nervous system
- Scar tissue development

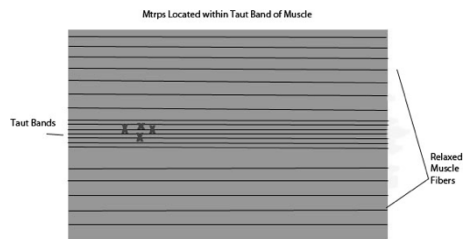
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Most Popular Theory



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Anatomical Result



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