

Trigger Point Solutions

Assessment and Application

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Seminar Objectives

- Create an assessment process for Mtrps
- Apply the process in a case study
- Difference between SMR and manual therapy
- Methods of how to use SMR

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Assessment Process

- A. Look at standing posture
- B. Assess range of motion and movement
- C. Measures muscle strength
- D. Is the muscle tense
- E. Is there an exquisite spot of tenderness

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Assessment Process

- F. Presence of “jump sign”
- G. Pressure applied to a Mtrp intensifies the pain
- H. Compression test decreases symptoms and improves function
- I. Know your anatomy and Mtrp referral patterns

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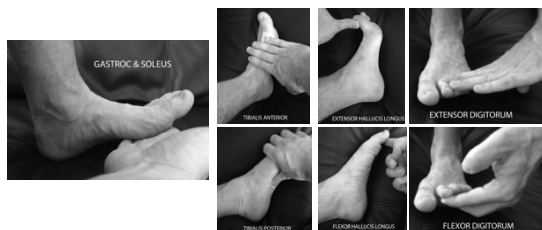
Case Study

- You train a running client that presents with mid calf pain
- Pain also refers into the heel
- They have been evaluated and no serious injury is present
- You suspect Mtrps may be the source of their pain



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Muscle Testing



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Apply your findings

- An adequate assessment process, provides a precise path for treatment, rehabilitation or training
- Time spent in assessment leaves more quality, focused time with your client
- Concerning Mtrps it identifies a specific tissue that is under load, stress or injury

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Self Myofascial Release

- Using a tool to help perform self massage
- Improve tissue quality
- Improve Circulation
- Decrease toxin formation

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SMR vs Manual Therapy

- Training
- Palpation
- Insight
- Accountability
- Resources

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Trigger point tools

- Foam Roller
- Massage Ball
- Stick or Tiger Tail
- Thera-cane



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Concerning Mtrps

- Addressing the soft tissue to restore adequate blood flow and increase tissue health
- Typically this is done via applying sustained pressure to the area or repetitive soft tissue manipulation

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Methods

- Sustained Compression
- Repetitive Soft Tissue Manipulation
- Combination

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Brain vs Foam Roller



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- Brain is the gate keeper to pain
- Brain always wins
- Be nice to the brain
- Maximize your technique
- Re-teach the brain
