

Trigger Point Solutions

Assessment and Application

Conor Collins
BHSc RMT DipSIT

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

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

Assessment Process

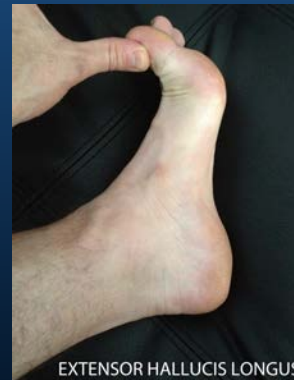
- F. Presence of “jump sign”
- G. Pressure applied to a Mtrp intensifies the pain
- H. Compression test decreases symptoms and improves function
- I. Know your anatomy and Mtrp referral patterns

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



Muscle Testing



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

Self Myofascial Release

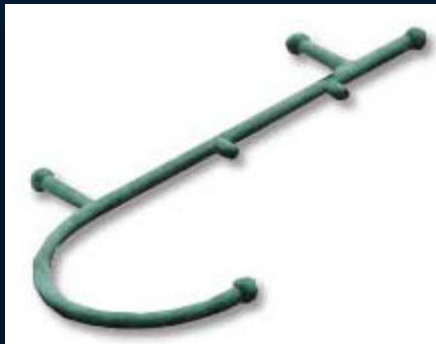
- Using a tool to help perform self massage
- Improve tissue quality
- Improve Circulation
- Decrease toxin formation

SMR vs Manual Therapy

- Training
- Palpation
- Insight
- Accountability
- Resources

Trigger point tools

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



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

Methods

- Sustained Compression
- Repetitive Soft Tissue Manipulation
- Combination

Brain vs Foam Roller



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