

# **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 6<sup>th</sup> 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

# 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!

# 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

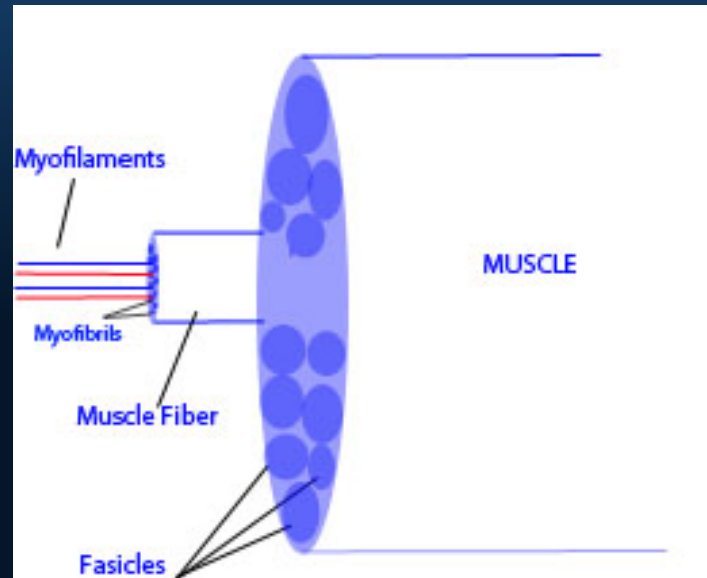
# Muscle Anatomy

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

# 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

# Building Blocks of Muscle

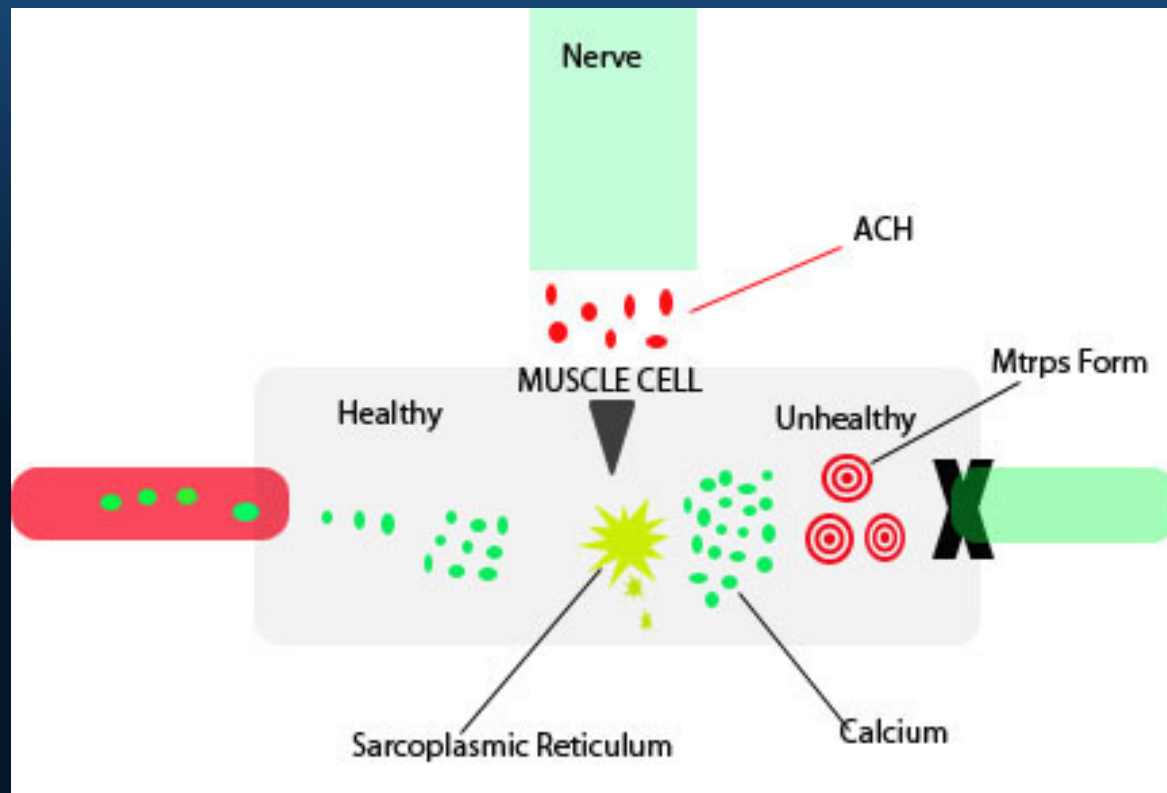




# How are Mtrps formed

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

# Most Popular Theory



# Anatomical Result

