

Name: _____

Date: _____

Trigger point and Deep tissue

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| 1. Sudden on set of pain and short duration | A. Chronic |
| 2. Long term usually 6 months or longer | B. Travell |
| 3. outer surface of the skin | C. motor point |
| 4. brain and spinal cord | D. connective tissue |
| 5. refers to target zone | E. nervous tissue |
| 6. person does not recognize referral pattern | F. active |
| 7. directly refers the sensation | G. myotactic unit |
| 8. develops in target zone of other trigger point | H. Prudden |
| 9. when deactivated also releases associated satellite | I. key |
| 10. signals muscle to contract | J. acute |
| 11. involuntary with motor potentiation | K. primary |
| 12. voluntary with motor potential | L. contracture |
| 13. involuntary without motor potential | M. satellite |
| 14. 1907 - 1997 leading pioneer in developing MTrP methods | N. latent |
| 15. 1914 - 2011 manual release techniques and worked with children and fitness | O. splinting |
| 16. loose, irregular connective tissue | P. armoring |
| 17. occurs when area is overwhelmed | Q. epithelial tissue |
| 18. all muscles that act on a specific joint | R. contraction |
| 19. supports, contains, and gives shape to all structure in the body | S. fascia |
| 20. laying down a series of plates to protect | T. spasm |