



## **Diagnosis, vs. Etiology vs. Trigger**

**Diagnosis:** statement on the injury and tissue that is the source of the complaints

**Etiology:** predisposing factors that are the cause of the injury

**Triggers:** the immediate activities or factors that cause the injury to become symptomatic.

All three of the above definitions must be addressed, to properly manage injuries. The cause of symptoms often comes from areas distant to the pain. Recurrent problems may be a sign that although you have an accurate diagnosis, you do not know the etiology or cause. The trigger is often the “straw that broke the camel’s back” and may not be significant in terms of the cause of pain.