

Introductory Course Purpose

Myofascial Pain Syndromes constitute the most common pain complaints seen by primary care clinicians and pain specialists. This interdisciplinary, hands-on workshop will provide practitioners with a basic understanding of the pathophysiology of myofascial pain, and a problem-based, regional introduction to the differential diagnosis and treatment of myofascial pain syndromes. Participants, in small groups, will review muscle anatomy and practice the techniques of identifying common regional myofascial trigger points (TrPs) and their associated mechanical and systemic ramifications.

Introductory Course Objectives

At the conclusion of the course, participants should be able to:

- 1) Describe the various structures involved in a myofascial physical assessment.
- 2) Describe the palpatory findings specific to myofascial TrPs.
- 3) Describe at least 3 common methods to treat myofascial TrPs.

Friday, January 29, 2016 ~ Introductory Course

7:30am	Registration and Breakfast	3:00pm	Refreshment Break
8:00am	Welcome and Introductions <i>Ben Daitz, MD</i>	3:15pm	Practice: TrPs and Back Pain <i>Entire Faculty</i>
8:15am	Palpation Skills <i>Daniel J. Duhigg, DO, MBA</i>	4:00pm	Favorite Lower Body Stretches <i>Entire Faculty</i>
9:00am	What is Myofascial Pain, What is a TrP? <i>Robert D. Gerwin, MD</i>	4:30pm	Clinical Correlation and Skills <i>Moderator: Ben Daitz, MD</i> <i>Entire Faculty</i>
9:45am	Anterior and Posterior Neck Muscles TrPs <i>Lucy Whyte Ferguson, DC</i>	5:00pm	Adjourn
10:30am	Refreshment Break	5:15pm	Meet & Greet Reception with UNM Pain Center Faculty, Guest Speakers, Facilitators and Colleagues
10:45am	Practice - Palpation of Neck Muscle TrPs <i>Entire Faculty</i>		

Intended Audience: Introductory Course

Medical Doctors, Nurse Practitioners, Physician Assistants, Chiropractors (Advanced Practice), Osteopaths, Physical Therapists, Occupational Therapists, Acupuncturists, Massage Therapists, and Myotherapists. In short, this course is intended for all members of the health care team who want to improve their hands-on skills in the evaluation and treatment of the commonest components of facial and jaw pain, headaches, neck pain, shoulder pain, and related arm pain.

Participants requiring special accommodations should contact Continuing Medical Education & Professional Development as early as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

Advanced Course Purpose

Myofascial Pain Syndromes and accompanying joint dysfunction are the leading causes of chronic pain. In order to help patients with common pain conditions such as facial and jaw pain, headaches, neck pain, shoulder, and related arm pain, this interdisciplinary, hands-on workshop will provide clinicians with a basic understanding of relationships between muscle and joint dysfunction. They will learn basic principles and identification of the patterns of muscle and joint problems. Basic gentle techniques to improve both muscle and joint function will be taught. Clinicians whose scope of practice includes performing trigger point injections or dry needling will also be taught these beneficial management techniques.

Advanced Course Objectives

At the conclusion of the course, participants should be able to:

- 1) Describe at least 3 TrP referred pain patterns.
- 2) Identify and treat myofascial TrPs commonly associated with head, neck, arm, and upper body pain.
- 3) Identify joint dysfunctions that accompany the TrPs involved in head, neck, arm, and upper body pain syndromes.

Saturday, January 30, 2016 ~ Advanced Course

7:30am	Registration and Breakfast	2:30pm	Practice: TrP Shoulder Problems <i>Entire Faculty**</i>
8:00am	Problem based diagnosis: Headaches <i>Lucy Whyte Ferguson, DC</i> <i>Joanna G. Katzman, MD, MSPH</i>	3:15pm	Refreshment Break
9:00am	Practice: Headaches - Identifying TrPs & Joint Dysfunction <i>Entire Faculty**</i>	3:30pm	Muscle Energy: Scapula, Humerus, Clavicle, Thoracic Spine, Ribs <i>Daniel J. Duhigg, DO, MBA</i> <i>Lucy Whyte Ferguson, DC</i>
10:00am	Refreshment Break	4:15pm	Practice: Muscle Energy Techniques Humerus, Clavicle, Thoracic Spine, Ribs <i>Entire Faculty**</i>
10:15am	Muscle Energy Techniques: Cervical Spine, TMJ, Upper Ribs <i>Daniel J. Duhigg, DO, MBA</i>	5:00pm	Adjourn

11:00am Practice: Muscle Energy Techniques Cervical Spine, TMJ, Upper Ribs
*Entire Faculty***

**In depth hands-on instruction, when appropriate participants will break up into manual groups and injection groups.

11:45am Luncheon Presentation: Fascial Dysfunction and Relationship to Myofascial Pain Syndromes
Victoria L. Magown, CMTPT, LMT, RMTI

1:00pm Myofascial Pain Syndrome and Nerve Entrapments
Robert D. Gerwin, MD

1:45pm Problem Based Diagnosis: Myofascial TrP involved in Shoulder Problems
Lucy Whyte Ferguson, DC

Intended Audience: Advanced Course

Attendees for the advanced course should have a basic knowledge of palpation for identification of trigger points involved in myofascial dysfunction, and basic skills in treatment of trigger points and associated myofascial dysfunction.

Disclaimer

On the morning of the course, participants will be asked, but not required, to sign a consent and a waiver of liability for participation in trigger point injection hands-on training. However, you will not be required to participate in the hands-on training in order to participate in the rest of the course.