Myofascial Pain Syndrome Trigger Point Diagnosis and Treatment

Introductory & Advanced Hands-on Courses

Includes Introduction to Use of Taping to Treat Myofascial Pain

January 26 - 28, 2018
Crowne Plaza Hotel
Albuquerque, New Mexico

Presented by
Pain Center
Department of Neurosurgery

This course is approved by the NM Medical Board to fulfill the 5 hour requirement related to Management of Chronic Pain.

This course is currently under review by the following boards: NM Nurses Association, Osteopathy, Chiropractic Examiners along with many other boards.
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.

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 lower back pain, buttock, and hip pain, and pain in lower extremities, this interdisciplinary, hands-on workshop will provide clinicians with a basic understanding of relationships between muscle and joint dysfunction. They will learn basic principles of differential diagnosis of lower body pain syndromes, with focus on manual skills to identify the role of myofascial and joint dysfunction. Basic gentle techniques to improve both muscle and joint dysfunction will be taught. Clinicians whose scope of practice includes performing TrP 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 back, buttock, hip, and lower extremity pain.
3) Identify joint dysfunctions that accompany the TrPs involved in buttock, hip, and lower extremity pain.

Friday, January 26, 2018 - Introductory Course

7:30am  Registration and Breakfast
3:15pm  Refreshment Break
8:00am  Welcome and Introductions
Ben Daitz, MD
3:30pm  Practice: TrPs and Back Pain
Entire Faculty
8:15am  What is Myofascial Pain, What is a TrP?
Robert D. Gerwin, MD
4:15pm  Favorite Lower Body Stretches
Entire Faculty
9:30am  Anterior and Posterior Neck Muscles TrPs
Lucy Whyte Ferguson, DC
4:45pm  Clinical Correlation and Skills
Moderator: Ben Daitz, MD
5:00pm  Adjourn
10:15am Refreshment Break
10:30am Practice - Palpation of Neck Muscle TrPs
Entire Faculty
5:15pm  Meet & Greet Reception with UNM Attendance
11:30am Favorite Upper Body Stretches
Entire Faculty
7:30am  Registration and Breakfast
7:45am  Welcome and Introductions
Kenzo Kase, DC
3:30pm  Case Presentations: Interdisciplinary Care in Managing Back and Abdominal Pain
Ben Daitz, MD
8:00am  Lower Back Pain
Lucy Whyte Ferguson, DC
4:15pm  How to Distinguish between Myofascial Pain, Fibromyalgia, and Chronic Migraine
Joanna G. Katzman, MD, MSPH
9:30am  Refining Diagnostic Procedures: Viscerosomatic Disorders that Contribute to Back Pain
Robert D. Gerwin, MD
5:00pm  Refreshment Break
10:15am Practice: Palpation of Neck Muscles TrPs
Entire Faculty
11:30am  How to Distinguish between Myofascial Pain, Fibromyalgia, and Chronic Migraine
Joanna G. Katzman, MD, MSPH
11:30am  Demonstration: Treating Patterns of Joint and Muscle Dysfunction to Address Back Pain
Lucy Whyte Ferguson, DC
12:00pm Lunch
12:00pm Lunch
1:00pm  Latest Evidence on Myofascial Pain Syndrome
Robert D. Gerwin, MD
1:00pm  Practice: Identifying TrPs and Decreasing Stress on Structures Involved in Back Pain
Entire Faculty**
2:30pm Back Pain: Contributing TrPs
Ben Daitz, MD
11:30am  Demonstration: Muscle Energy Techniques for Lumbar Spine, Pubic Symphysis, and Sacroiliac Joint Dysfunction
Lucy Whyte Ferguson, DC
12:00pm Lunch
12:00pm Lunch
12:15 pm The Benefits of Taping to Treat Myofascial Pain
Kenzo Kase, DC
12:15 pm The Benefits of Taping to Treat Myofascial Pain
Kenzo Kase, DC
1:00pm  Latest Evidence on Myofascial Pain Syndrome
Robert D. Gerwin, MD
1:00pm  Practice: Muscle Energy Techniques for Lumbar Spine, Pubic Symphysis, and Sacroiliac Joint Dysfunction
Lucy Whyte Ferguson, DC
2:30pm Back Pain: Contributing TrPs
Ben Daitz, MD
2:30pm Back Pain: Contributing TrPs
Ben Daitz, MD

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 most common myofascial components of neck pain, headaches, and back pain.

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.

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.
Sunday, January 28, 2018 - Advanced Course

7:30am  Registration and Breakfast

8:00am  Research Review: Myofascial Pain Syndrome in Relation to Back and Lower Extremity Pain
        Brian M. Shelley, MD

8:45am  Diagnosis Demonstration: Lumbar Disc Disorder vs. Piriformis Syndrome
        Robert D. Gerwin, MD

9:45am  Demonstration: Muscle Energy Techniques for Knee and Ankle Joint Dysfunctions and Wishbone Maneuver for Functional Impingement of Hip
        Lucy Whyte Ferguson, DC
        Michael Pridham, DC-APC

10:15am Refreshment Break

10:30am  TrPs that Contribute to Knee Pain
        Brian M. Shelley, MD

11:00am  Practice: TrPs and Knee Pain, Treating Joint Dysfunction at Hip and Knee
         Entire Faculty**

12:00pm  Luncheon

12:15pm  Fascial Dysfunction and Relationship to Myofascial Pain Syndromes
         Victoria L. Magown, CMTPT, LMT, RMTI

1:00pm  TrPs that Contribute to Heel Pain
        Lucy Whyte Ferguson, DC
        Arthur ‘Spike’ Lynch, MD

2:15pm  Treatment Approaches for Failed Back Syndrome
        Robert D. Gerwin, MD

2:45pm  Q&A: Myofascial and Articular Care of Back and Lower Extremity Pain
        Entire Faculty**

3:00pm  Adjourn

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

Accreditation

Introductory Course Physicians

The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this live activity for a maximum of 8.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Advanced Course Physicians

The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this live activity for a maximum of 14.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

This activity has been submitted to the New Mexico Nurses Association Accredited Approver Unit for approval to award contact hours. NMNA AAU is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Massage Therapists

Massage Therapists may apply this program for continuing education credit with the New Mexico Board of Massage Therapy.

New Mexico Medical Board

This course is approved by the NM Medical Board to fulfill the 5 hour requirement related to management of Chronic Pain with Controlled Substances.

These boards are reviewing the program for possible continuing education credits: National Certification Commission for Acupuncture and Oriental Medicine, the New Mexico Physical Therapists Licensing Board, the Occupational Therapists Licensing Board, the New Mexico Board of Chiropractic Examiners, and the New Mexico Board of Osteopathy.

Updated accreditation information and a detailed description of the teaching sessions will soon be available on our website:
http://som.unm.edu/education/cme/

Speakers & Facilitators

Ben Daitez, MD
Professor
Department of Family and Community Medicine
UNM School of Medicine

Lucy Whyte Ferguson, DC
Volunteer Faculty
Department of Neurosurgery
UNM School of Medicine

Robert D. Gerwin, MD
Associate Professor, Department of Neurology
John Hopkins University Medical Center
Baltimore, MD

Pain and Rehabilitation Medicine Center
Bethesda, MD

Kenzo Kase, DC
Founding Director, Kinesio Taping Association International (KTAI)
CEO, Kinesio Group
Inventor of Kinesio® Tex Tape
Developer of the Kinesio Taping® Method
Albuquerque, NM

Joanna G. Katzman, MD, MSPH
Professor, Department of Neurosurgery, Psychiatry and College of Nursing
Chronic Pain TeleECHO Clinic, Project ECHO™
UNM School of Medicine

Arthur ‘Spike’ Lynch, MD
Kachina Medical, LLC
El Prado, NM

Victoria L. Magown, CMTPT, LMT, RMTI
MyoRehab
Tiverton, RI

Michael Pridham, DC-APC, NRCME, CKTI
Equilibrium Chiropractic LLC
Albuquerque, NM

Brian M. Shelley, MD
Professor
Department of Family and Community Medicine
UNM School of Medicine

Director, Albuquerque Independent Medical Services LLC

Facilitators

Tom Arnold, DC, APC, DAAMLP
Virginia Barrow, BA, LMT, CNC, CNMT
Andrea Bliss, PA
Christopher Cecil, DC, CNP
Alyce deChant, PA
Michael Domino, PA
Michael Finnegan, LMT, CMTPT
Carolyn Genet Martin, BA, LMT, CMTPT
Jon J. George, CMTPT
Andrea Whyte Griffin, DC
Abellie Kaelin, LMT
David M. Lang, LMT, COMT
Bonnie McIarn, LMT, CCST, BCTMB
Susan Myers, LMT, CNMT
Eliot R. Shratter, CMTP
George Simmons, DC, AP-C
J. Mitchell Simson, MD, MPH
Lesley Tosor, PT, DPT, CMT
Christine Zampach, DPT

Course Directors

Ben Daitez, MD
Lucy Whyte Ferguson, DC
Joanna G. Katzman, MD, MSPH
Brian M. Shelley, MD

Oversight Committee:
Lisa M. Trujillo, MSN, RN
University of New Mexico Hospitals
Burke Gurney, PT, PhD, OCS
University of New Mexico Health Sciences Center
William F. Rayburn, MD, MBA
University of New Mexico School of Medicine
Kristina Wittstrom, PhD, RPh
University of New Mexico College of Pharmacy

The UNM Pain Center is an interdisciplinary team of clinicians from many specialties within the UNM School of Medicine, UNM College of Pharmacy, the Physical and Occupational Therapy programs, and staff from the UNM Hospital. The UNM Pain Center resides within the Department of Neurosurgery at the UNM Health Sciences Center.
Registration Form

Myofascial Pain Syndrome Trigger Point Diagnosis & Treatment

PLEASE PRINT CAREFULLY ~ THIS INFORMATION WILL BE USED FOR YOUR NAME BADGE

Name: ____________________________

Circle Your Title: MD DO DC PA RN LPN NP OT PT Other: ________________

Specialty: ____________________________

Address: ____________________________

City: __________________ State: ________ Zip: ________________

Email: ______________________________

Phone: ____________________________ Fax: ____________________________

Registration Fees

<table>
<thead>
<tr>
<th>Registration, ON or BEFORE 1/11/18</th>
<th>Tuition Remission, ON or BEFORE 1/11/18</th>
<th>&quot;Early Bird&quot;</th>
<th>&quot;Regular&quot;</th>
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<tr>
<td>MD, DO, DC: 3 days….................</td>
<td>$650.00</td>
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<td>$300.00</td>
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<td>MD, DO, DC: Advanced…………………..</td>
<td>$590.00</td>
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<tr>
<td>PA, RN, DOM, NP, OT, PT, Other: 3 days…</td>
<td>$545.00</td>
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<td>$235.00</td>
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<td>Student/House Officer…………………</td>
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Hotel Accommodations

This conference will be held at the Crowne Plaza Hotel located at 1901 University Blvd. NE, Albuquerque, NM 87102.

A block of rooms has been reserved for participants of this conference for the nights of January 25 - 28, 2018. Special rates are available to you if you make your room reservations by 12:00 pm (noon) MST on January 11, 2018.

To make room reservations, participants should contact the Crowne Plaza Hotel directly at (505) 884-2500 or online at: https://www.ihg.com/crowneplaza/hotels/us/en/albuquerque/abqcp/hoteldetail. Enter the dates and click "book" to see the conference rate. Group code is MPS.

Contact Information

This course is presented by the University of New Mexico School of Medicine, Continuing Medical Education & Professional Development. For additional information contact:

University of New Mexico School of Medicine Continuing Medical Education & Professional Development

MSC09 5370
1 University of New Mexico
Albuquerque, NM 87131-0001
Phone: (505) 272-3942
Fax: (505) 272-8604
Visit the UNM CME website at: http://som.unm.edu/education/cme/

How To Register

- Online at http://som.unm.edu/education/cme/
- Fax your registration 24 hours/day to (505) 272-8604. Visa and MasterCard accepted. Purchase orders and tuition remissions may be faxed along with the registration form.
- Call (505) 272-3942 between 8:00am - 5:00pm MST to register by phone.
- Make checks payable to UNM CME and mail registration form to: UNM Continuing Medical Education & Professional Development, MSC09 5370, 1 University of New Mexico, Albuquerque, NM 87131-0001.

Method of Payment

_____ Check _____ UNM Tuition Remission Form _____ Purchase Order# ______________________

Credit Card No.: _____________________________________________  Exp. Date: _____________________ Amount: _____________________________________________ 

Cardholder’s Signature: _________________________________________

Registration Information

If you are paying by credit card, you may register online at the UNM CME website: http://som.unm.edu/education/cme/. A confirmation letter will be emailed to you. Please present your confirmation letter at the registration desk upon arrival at the conference. If you do not receive a confirmation letter, please contact UNM CME at 505-272-3942 to verify your attendance. Registration includes conference materials, breakfasts, refreshment breaks and lunches. Please confirm your registration prior to making travel arrangements. Minimum and maximum numbers have been established for this conference. A copy of the purchase order must accompany the registration. Any registrations faxed without a Visa or MasterCard number, or a copy of the purchase order cannot be processed. UNM CME does not maintain a petty cash fund. Cash payments must be made in the exact amount. It is UNM policy to charge $35.00 plus normal merchant bank fees for each returned check.

UNM Tuition Remission

All eligible UNM Faculty and Staff may enroll using a tuition remission (waiver) to cover tuition costs listed on the registration form. Properly completed, tuition remissions must accompany the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance. The on-line UNM Tuition Remission Form may be accessed at https://hr.unm.edu/benefits/tuition-remission.

Cancellation

If you pre-registered and cannot attend, Continuing Medical Education & Professional Development will refund tuition, less a $40.00 administrative fee, provided it is received in writing on or before January 17, 2018. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, UNM CME is not responsible for any airfare, hotel or other costs incurred by participants.

Attire

Comfortable loose fitting clothing, especially for the lower body is recommended in order to participate in the many hands-on skills demonstrations. Some women may choose to bring a sports bra or bathing suit top and bottom. Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to this educational activity.

Registration Form

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