

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.

# 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  
 **UNM**  
SCHOOL of MEDICINE  
**Pain Center**  
Department of Neurosurgery

## 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 26, 2018 - Introductory Course

7:30am	Registration and Breakfast	3:15pm	Refreshment Break
8:00am	Welcome and Introductions <i>Ben Daitz, MD</i>	3:30pm	Practice: TrPs and Back Pain <i>Entire Faculty</i>
8:15am	What is Myofascial Pain, What is a TrP? <i>Robert D. Gerwin, MD</i>	4:15pm	Favorite Lower Body Stretches <i>Entire Faculty</i>
9:30am	Anterior and Posterior Neck Muscles TrPs <i>Lucy Whyte Ferguson, DC</i>	4:45pm	Clinical Correlation and Skills <i>Moderator: Ben Daitz, MD</i> <i>Entire Faculty</i>
10:15am	Refreshment Break	5:00pm	Adjourn
10:30am	Practice - Palpation of Neck Muscle TrPs <i>Entire Faculty</i>	5:15pm	Meet & Greet Reception with UNM Pain Center Faculty, Guest Speakers, Facilitators and Colleagues
11:30am	Favorite Upper Body Stretches <i>Entire Faculty</i>		
12:00 pm	Luncheon		
12:15 pm	The Benefits of Taping to Treat Myofascial Pain <i>Kenzo Kase, DC</i>		
1:00pm	How to Distinguish between Myofascial Pain, Fibromyalgia, and Chronic Migraine <i>Joanna G. Katzman, MD, MSPH</i>		
1:45pm	Latest Evidence on Myofascial Pain Syndrome <i>Robert D. Gerwin, MD</i>		
2:30pm	Back Pain: Contributing TrPs <i>Ben Daitz, MD</i>		

**Intended Audience: Introductory Course**  
Medical Doctors, Nurse Practitioners, Physician Assistants, Chiropractors (Advanced Practice), Osteopaths, Physical Therapists, Occupational Therapists, Acupuncturists, Massage Therapists, and Myootherapists. 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.

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 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.

## Saturday, January 27, 2018 - Advanced Course

7:30am	Registration and Breakfast	2:00pm	Case Presentations: Interdisciplinary Care in Managing Back and Abdominal Pain <i>Ben Daitz, MD</i>
8:00am	Problem Based Diagnosis: Lower Back Pain <i>Lucy Whyte Ferguson, DC</i>	2:45pm	When to Refer for Surgery <i>Robert D. Gerwin, MD</i>
8:45am	Refining Diagnostic Procedures: Viscerosomatic Disorders that Contribute to Back Pain <i>Robert D. Gerwin, MD</i>	3:15pm	Refreshment Break
9:30am	Demonstration: Treating Patterns of Joint and Muscle Dysfunction to Address Back Pain <i>Lucy Whyte Ferguson, DC</i> <i>Michael Pridham, DC-APC</i>	3:30pm	Practice Skills to Assure Mastery of Skills Presented <i>Entire Faculty**</i>
10:15am	Refreshment Break	4:30pm	Q&A: Myofascial and Articular Care of Back Pain <i>Moderator: Ben Daitz, MD</i>
10:30am	Practice: Identifying TrPs and Decreasing Stress on Structures Involved in Back Pain <i>Entire Faculty**</i>	5:00pm	Adjourn
11:30am	Demonstration: Muscle Energy Techniques for Lumbar Spine, Pubic Symphysis, and Sacroiliac Joint Dysfunction <i>Lucy Whyte Ferguson, DC</i> <i>Michael Pridham, DC-APC</i>		
12:00pm	Luncheon		
12:15pm	Factors that Perpetuate Myofascial TrPs <i>Victoria L. Magown, CMTPT, LMT, RMTI</i>		
1:00pm	Practice: Muscle Energy Techniques for Lumbar Spine, Pubic Symphysis, SI Joint <i>Entire Faculty**</i>		

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

**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.

## 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)*<sup>™</sup>. 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)*<sup>™</sup>. 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 Daitz, 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, DAAML  
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  
Abeille Kaelin, LMT  
David M. Lang, LMT, COMT  
Bonnie McNairn, LMT, CCST, BCTMB  
Susan Myers, LMT, CNMT  
Elliot R. Shratter, CMTPT  
George Simmons, DC, AP-C  
J. Mitchell Simson, MD, MPH  
Lesley Toser, PT, DPT, CMT  
Christine Zampach, DPT

## Course Directors

Ben Daitz, MD  
Lucy Whyte Ferguson, DC  
Joanna G. Katzman, MD, MSPH  
Brian M. Shelly, 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 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.

## 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/>

## 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.

**Please identify yourself as a participant of the Myofascial Pain Syndrome Conference**

**Participant rate is \$91.00 per night**

All reservations must be guaranteed with a one night's deposit in the form of a credit card.

Rates will be available 2 days prior and 2 days after the event, subject to availability at the time of reservation.

## 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

	"Early Bird" Registration, ON or BEFORE 1/11/18	Tuition Remission ON or BEFORE 1/11/18	"Regular" Registration, AFTER 1/11/18	Tuition Remission AFTER 1/11/18
<b>Significant savings if you register for all three days.</b>				
<b>MD, DO, DC: 3 days.....</b>	<b>\$650.00</b>	<b>\$640.00</b>	<b>\$690.00</b>	<b>\$680.00</b>
MD, DO, DC: Introductory.....	\$300.00	\$290.00	\$340.00	\$330.00
MD, DO, DC: Advanced.....	\$550.00	\$540.00	\$590.00	\$580.00
<b>PA, RN, DOM, NP, OT, PT, Other: 3 days....</b>	<b>\$545.00</b>	<b>\$535.00</b>	<b>\$585.00</b>	<b>\$575.00</b>
PA, RN, DOM, NP, OT, PT, Other: Intro.....	\$235.00	\$225.00	\$275.00	\$265.00
PA, RN, DOM, NP, OT, PT, Other: Advanced.	\$440.00	\$430.00	\$480.00	\$470.00
Student/House Officer..... (UNM ID Card required)	\$225.00		\$265.00	

## Method of Payment

\_\_\_\_\_ Check \_\_\_\_\_ UNM Tuition Remission Form \_\_\_\_\_ Purchase Order# \_\_\_\_\_

\_\_\_\_\_ MasterCard \_\_\_\_\_ Visa (V# on Back \_\_\_\_\_)

Credit Card No.: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

## 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.