

# The UNM Myofascial Institute

Advanced hands on training in trigger point injections and manual release techniques



## Trigger Point Injections

November 14-15, 2024

## Manual Release Techniques

November 16-17, 2024

UNM Continuing Education | 1634 University Blvd NE Albuquerque, NM 87131

### WHO SHOULD ATTEND THIS COURSE

- Acupuncturists
- Chiropractors
- Doctors of Oriental Medicine
- Massage Therapists
- Myofascial Therapists
- Nurse Practitioners
- Occupational Therapists
- Physical Therapists
- Physician Assistants
- Physicians

**This course is specifically designed for individuals who have not previously taken it**

## COURSE INFORMATION

The UNM Myofascial Institute will provide a two-day intensive, hands-on training in techniques to address myofascial pain syndrome, a common chronic pain diagnosis. Dedicated courses in trigger point injections (TPI) and manual therapy will be offered. Participants will be expected to review materials in advance of the course and be prepared to practice skills on each other during the course. The TPI course is designed for those who can perform TPI, who have the injection privilege and to train clinicians to be able to independently practice advanced TPI.

## COURSE OBJECTIVES FOR TPI

At the conclusion of the training, the participant should be able to:

- Identify common and subtle myofascial syndromes in the clinical setting
- Perform basic and advanced trigger point injections (TPI) in patients with myofascial pain syndrome
- Enumerate techniques to maximize patient safety related to performing TPI

Thursday, November 14, 2024	
7:30 - 8 am	<b>Registration, Breakfast &amp; Networking</b>
8 - 9 am	Overview of Myofascial Pain Syndrome (MPS)
9 - 10 am	Review of Muscle: Trap, Upper Back & Shoulder/TPI Demo
10 - 10:15 am	<b>BREAK</b>
10:15 - 12 pm	Palpation/TPI of Trap, Upper Back & Shoulder (Hands-On)
12 - 1 pm	<b>LUNCH (provided)</b>
1 - 1:30 pm	Review of Muscles: Head & Neck
1:30 - 3 pm	Palpation/TPI of Head & Neck (Hands-On)
3 - 3:15 pm	<b>BREAK</b>
3:15 - 3:45 pm	Dry Needling Demo
3:45 - 4:30 pm	Assessment of the Shoulder
4:30 - 5 pm	Stretching (Upper Body)

Friday, November 15, 2024	
7:30 - 8 am	<b>Registration, Breakfast &amp; Networking</b>
8 - 9 am	Research, Safety & Documentation
9 - 9:30 am	Review of Muscle: Low Back & Gluteals
9:30 - 9:45 am	<b>BREAK</b>
9:45 - 11:30 am	Palpation/TPI of Low Back & Gluteals (Hands On)
11:30 - 12 pm	Stretching (Lower Body)
12 - 1 pm	<b>LUNCH (provided)</b>
1 - 1:30 pm	Review of Muscles: UE, LE & Abdomen
1:30 - 3 pm	Palpation/TPI of UE, LE & Abdomen (Hands-On)
3 - 3:15 pm	<b>BREAK</b>
3:15 - 4 pm	Low Back Assessment/Laser Demo

## INSTRUCTORS

**Benson Daltz, MD**  
Professor Emeritus  
Department of Family and  
Community Medicine  
University of New Mexico  
School of Medicine

**Michael A. Domino, DOM, PA-C**  
Lecturer III  
Department of Family and  
Community Medicine  
University of New Mexico  
School of Medicine

**Arthur "Spike" Lynch, MD**  
Assistant Professor  
Department of Family and  
Community Medicine  
University of New Mexico  
School of Medicine

**Brian M. Shelley, MD**  
Professor  
Department of Family and  
Community Medicine  
University of New Mexico  
School of Medicine

## Trigger Point Injections Registration Rates

	Early Bird	Regular	Onsite
	<i>Until 10/12/2024</i>	<i>10/13-27/2024</i>	<i>10/28-11/3/24</i>
MD, DO, DC, DOM	\$900.00	\$940.00	\$965.00
paying w/ Tuition Remission	<i>\$890.00</i>	<i>\$930.00</i>	<i>\$955.00</i>
NP, PT, PA, Others	\$700.00	\$740.00	\$765.00
paying w/ Tuition Remission	<i>\$690.00</i>	<i>\$730.00</i>	<i>\$755.00</i>

**Requirement: ability to perform TPI/have the injection privilege**

## COURSE OBJECTIVES FOR MANUAL RELEASE TECHNIQUES

At the conclusion of the training, the participant should be able to:

- Identify common and subtle myofascial syndromes in the clinical setting
- Perform basic and advanced release techniques for patients with myofascial pain syndrome
- Identify factors that are likely to perpetuate myofascial trigger points and discuss mitigation

Saturday, November 16, 2024		Sunday, November 17, 2024	
7:30 - 8 am	<b>Registration, Breakfast &amp; Networking</b>	7:30 - 8 am	<b>Registration, Breakfast &amp; Networking</b>
8 - 9 am	Overview of Myofascial Pain Syndrome (MPS) and Introduction to Fascial Dysfunction Concepts	8 - 9 am	Review of Cervical Muscle, and MPS
9 - 10 am	The Fallacy of Non-specific Lower Back Pain (LBP)	9 - 10 am	Workshop
10 - 11 am	Workshop	10 - 10:15 am	<b>BREAK</b>
11 - 11:15 pm	<b>BREAK</b>	10:15 - 11:15 am	Review of Muscles Bands and Trigger Points and Fascial Dysfunction and Joint Dysfunction that affect Scapulohumeral...
11:15 a.m. - 12:45 pm	The Myofascial and Articular Keys to Treating Hip, Groin, and Pelvic Pain	11:15 - Noon	Workshop
12:45 - 1:45 pm	<b>LUNCH (provided)</b>	12 - 12:20 pm	<b>LUNCH (provided)</b>
1:15 - 2:15 pm	Workshop	12:20 - 1 pm	Myofascial and Articular Treatment of Adolescent Idiopathic Scoliosis (AIS)
2:15 - 2:30 pm	<b>BREAK</b>	1- 1:45 pm	Integrated Care Protocol for Adhesive Capsulitis
2:30 - 3:20 pm	How to Improve Balance of the Pelvis and Identifying and Addressing Perpetuating Factors	1:45 - 2:30 pm	Workshop
3:20 - 4:20 pm	Workshop	2:30 - 3:10 pm	Techniques for Treating Fascial Restriction with ...
4:20 - 5 pm	Clinical Management of LBP and Hip, Groin, and Pelvic Pain	3:10 - 3:20 pm	<b>BREAK</b>
		3:20 - 4 pm	Workshop
		4 - 4:30 pm	Integrating Upper and ower Body Care

## INSTRUCTORS

Lucy Whyte Ferguson, DC  
 Volunteer Faculty  
 Department of Neurosurgery  
 University of New Mexico School of Medicine

Andrea Whyte Griffin, DC  
 Chiropractor  
 Colonias Chiropractic Center  
 Taos, NM

## Manual Release Techniques Registration Rates

	Early Bird <i>Until 10/12/2024</i>	Regular <i>10/13-27/2024</i>	Onsite <i>10/28-11/5/24</i>
MD, DO, DC, DOM	\$850.00	\$890.00	\$915.00
<i>paying w/ Tuition Remission</i>	<i>\$840.00</i>	<i>\$880.00</i>	<i>\$905.00</i>
NP, PT, PA, Others	\$650.00	\$690.00	\$715.00
<i>paying w/ Tuition Remission</i>	<i>\$640.00</i>	<i>\$680.00</i>	<i>\$705.00</i>

## COURSE DISCLAIMER

On the morning of the selected course, participants will be required to sign a consent and a waiver of liability for participation which includes consent to practice on AND be practiced on by other participants.

## SPECIAL ACCOMMODATIONS

Participants requiring special accommodations should contact CPL as soon as possible. UNM is in commpliance with the Rehabilitation Act of 1973 ans the Americans with Disabilities Act of 1990.

## ACCREDITATION

### PHYSICIANS

The University of New Mexico School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of New Mexico School of Medicine designates each live activity for the number of *AMA PRA Category 1 Credits*<sup>™</sup> listed below:

**Trigger Point Injections:** a maximum of **14.00** AMA PRA Category 1 Credits<sup>™</sup>

**Manual Release Techniques:** a maximum of **15.75** AMA PRA Category 1 Credits<sup>™</sup>

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

These boards are reviewing the program for possible continuing education credits: the New Mexico Board of Chiropractic Examiners, the New Mexico Board of Massage Therapy, the New Mexico Board for Physical Therapy, and the New Mexico Medical Board (for approval to award hours related to management of Chronic Pain with Controlled Substances).

## HOTEL ACCOMODATIONS

We do not have a room block secured for these courses. However, if you need hotel accomodations, these options are the closest to the facility.

### Home2 Suites by Hilton

1660 University Blvd NE,  
Albuquerque, NM 87102  
(505)242-0002

### Crown Plaza

1901 University Blvd NE,  
Albuquerque, NM 87102  
(505)884-2500

### Embassy

1000 Woodward PI NE, Albuquerque,  
NM 87102  
(505)245-7100

The University of New Mexico has negotiated agreements with several local hotels. These rates are based on availability and hotel occupancies. Some hotels may require proof of UNM eligibility. <https://purchase.unm.edu/local-hotel-information/index.html>

## REGISTRATION INFORMATION

<https://bit.ly/2024TMI>

Advanced registration is encouraged. Minimum and maximum registration numbers have been established for these courses. Your registration will be confirmed via email. If you do not receive a confirmation letter, please contact CPL at 505-272-3942 to verify your attendance. Please confirm your registration before making travel arrangements. CPL does not maintain a petty cash fund, registrations paid in cash must be the exact amount of tuition. It is UNM policy to charge offerer \$35.00 plus normal merchant fees for each returned check. **UNM CPL does not accept PO's or faxed registration with credit card information.** Registration includes course materials, breakfast, lunches and refreshment breaks each day.

### CREDIT CARDS:

Complete the [conference registration form](#) and select that you will be paying with a credit card. Once you submit the form, you will automatically be redirected to our payment portal. Please complete your payment in that site.

### CHECKS:

Checks should be made payable to UNM CPL, include the attendees name and mailed to:

**The University of New Mexico, Office for Continuous Professional Learning  
MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001.**

### UNM TUITION REMISSION

All eligible UNM faculty and staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance.

1. Complete the [conference registration form](#) and select that you will be paying with UNM Tuition Remission.
2. If you need your supervisor's approval to use your tuition remission you will need to upload a completed UNM Tuition Remission form with proper signatures to the online registration form. **Please note all registration submissions will be redirected to our credit card payment site, please exit the page when you submit your registration.**

## CANCELLATION

If you pre-register and cannot attend, CPL will refund tuition, less a \$40.00 administrative fee, provided the cancellation notice is received in writing [via email](#) on or before **October 31, 2024**. No refunds will be issued after this date or for non-attendance. Activities are subject to cancellation. In the event this activity is canceled, registrants will be notified via email and will receive a full refund. CPL is not responsible for any computer/device equipment rental, airfare, hotel, car rental or other costs incurred by participants.

### QUESTIONS?

UNM Office for Continuous Professional Learning  
MSC09 5370 1 University of New Mexico  
Albuquerque, NM 87131-0001

Phone: 505-272-3942 | Email: [HSC-CPL@salud.unm.edu](mailto:HSC-CPL@salud.unm.edu)

Web: <https://hsc.unm.edu/school-of-medicine/education/cme/>



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