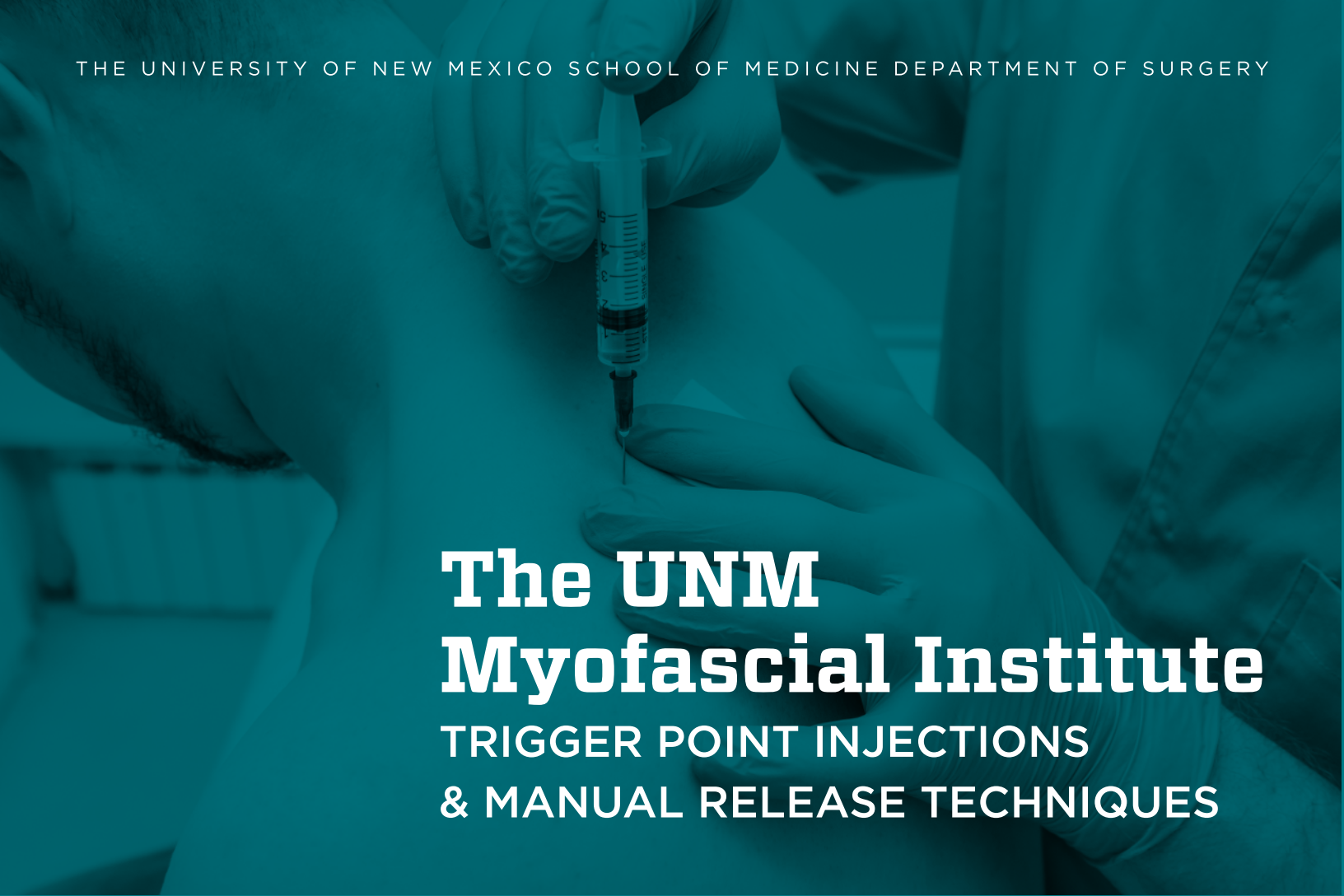


THE UNIVERSITY OF NEW MEXICO SCHOOL OF MEDICINE DEPARTMENT OF SURGERY



The UNM Myofascial Institute

**TRIGGER POINT INJECTIONS
& MANUAL RELEASE TECHNIQUES**



NOVEMBER 12-15, 2026

Program Overview

The UNM Myofascial Institute will provide a four-day intensive, hands-on training in techniques to address myofascial pain syndrome, a common chronic pain diagnosis. This four-day training is split into two focused, two-day courses: Trigger Point Injections & Manual Release Techniques. Participants may attend one or both, depending on their scope of practice and clinical goals.

Who Should Attend

- Acupuncturists
- Chiropractors
- Doctor 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.

Location

UNM Continuing Education
1634 University Blvd NE
Albuquerque, NM 87131

Course Disclaimer

Participants will be required to sign a consent and waiver of liability for participation which includes consent to practice on and be practiced on by other participants.

Hotel Accommodations

We do not have a room block for these courses. However, if you need hotel accommodations, 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 Suites Hotel

1660 University Blvd NE,
Albuquerque, NM 87102
505.242.0002

If you would like other recommendations, please feel free to contact us.

Special Accommodations

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

Course Information

Trigger Point Injections is a two-day, hands-on course that equips clinicians with practical skills to assess and treat myofascial pain syndromes using proven injection techniques, and to understand factors that perpetuate trigger points for more lasting results. Participants will be expected to review materials in advance of the course and be prepared to practice skills on each other during the course. This course is designated for clinicians with injection privileges who can perform trigger point injections, and is designed to train participants to independently practice advanced TPI.

The course will take place on November 12-13, 2026.

Course Objectives

At the conclusion of this training, the participants should be able to:

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

Instructors

Ben Daltz, MD

Professor Emeritus
Department of Family
& Community Medicine
The University of
New Mexico

Michael A. Domino, DOM, PA-C

Lecturer III
Department of Family
& Community Medicine
The University of
New Mexico

Arthur "Spike" Lynch, MD

Assistant Professor
Department of Family
& Community Medicine
The University of
New Mexico

Brian M. Shelley, MD

Course Director &
Professor
Department of Surgery
The University of
New Mexico

Accreditation

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 **Trigger Points** for a maximum of **14.00 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been approved for *AMA PRA Category 1 Credits™* for physicians. Many societies and credentialing bodies accept AMA PRA Category 1 Credits™ as long as the topic is relevant to the applicants' field of discipline. To obtain other provider credit, further information will be provided after the course.

These boards are reviewing the program for possible continuing education credits: **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).**

Trigger Point Injections

November 12-13, 2026

Thursday November 12

Registration & Breakfast	7:30 am
Overview of Myofascial Pain Syndrome (MPS)	8:00 am
Review of Muscles: Trap, Upper Back & Shoulder/TPI Demo	9:00 am
Break	10:00 am
Palpation/TPI of Trap, Upper Back & Shoulder (Hands-on)	10:15 am
Lunch	12:00 pm
Review of Muscles: Head & Neck	1:00 pm
Palpation/TPI of Head & Neck (Hands-On)	1:30 pm
Break	3:00 pm
Dry Needling Demo	3:15 pm
Assessment of the Shoulder	3:45 pm
Stretching (Upper Body)	4:30 pm

Friday November 13

Registration & Breakfast	7:30 am
Research, Safety & Documentation	8:00 am
Review of Muscles: Low Back & Gluteals	9:00 am
Break	10:00 am
Palpation/TPI of Low Back & Gluteals (Hands-On)	10:15 am
Lunch	11:15 am
Review of Muscles: UE, LR & Abdomen	12:15 pm
Palpation/TPI of UE, LE & Abdomen (Hands-On)	1:10 pm
Break	2:00 pm
Low Back Assessment/Laser Demo	2:15 pm
Stretching (Lower Body)	3:15 pm

Trigger Point Registration Rates

	Early Bird until 10/22/26	Regular 10/23-11/05/26	Onsite 11/06-11/12/26
MD, DO, DC, DOM <i>paying with Tuition Remission</i>	\$900.00 <i>\$890.00</i>	\$940.00 <i>\$930.00</i>	\$965.00 <i>\$955.00</i>
NP, PT, PA, Others <i>paying with Tuition Remission</i>	\$700.00 <i>\$690.00</i>	\$740.00 <i>\$730.00</i>	\$765.00 <i>\$755.00</i>

Course Information

Manual Release Techniques is a two-day, hands-on course that equips clinicians with practical skills to assess and treat myofascial pain syndromes using proven release techniques, and to understand factors that perpetuate trigger points for more lasting results. 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 course will take place on November 14-15, 2026.

Course Objectives

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

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

Instructors

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

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

Accreditation

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 **Manual Release** for a maximum of **15.75 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program has been approved for *AMA PRA Category 1 Credits™* for physicians. Many societies and credentialing bodies accept AMA PRA Category 1 Credits™ as long as the topic is relevant to the applicants' field of discipline. To obtain other provider credit, further information will be provided after the course.

These boards are reviewing the program for possible continuing education credits: **the New Mexico Board of Chiropractic Examiners, 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).**

Manual Release Techniques

November 14-15, 2026

Saturday November 14

Registration & Breakfast	7:30 am
Overview of Myofascial Pain Syndrome & Introduction to Fascial Dysfunction Concepts	8:00 am
Workshop: Palpation of Myofascial TrPs & Fascial Construction	9:30 am
Break	10:15 am
The Fallacy of Non-Specific Low Back Pain	10:30 am
Myofascial and Articular Keys to Diagnosing & Treating Hip, Groin, and Pelvic Pain: Evaluating and Treating Functional Impingement of the Hip	11:30 am
Lunch	12:30 pm
Workshop: Wishbone Maneuver to set Hip Deeper in Acetabulum. Related Myofascial Dysfunction. Review of Etiology and Perpetuating Factors	1:30 pm
Break	2:30 pm
Slide Review of Spinal and Pelvis Anatomy Treatment Techniques. Workshop: Muscle Energy Technique to Address Dysfunction of the Sacroiliac Joints, Lumbar Spine and Pubic Symphysis	2:45 pm
Slide Review of Anatomy of Knees, Ankles including Treatment Techniques: Addressing the Kinetic Chain. Review of Etiology and Perpetuating Factors	3:45 pm

Sunday November 15

Registration & Breakfast	7:30 am
Review of Cervical Muscle TrPs and Referred Pain. etiology including Whiplash, Role of TrPs and Joint Dysfunction in Vertigo.	8:00 am
Workshop: Hands on Treatment of Cervical Area Joint Dysfunction, TrPs and Fascial Restriction	9:00 am
Break	10:00 am
Review of the Muscles Bands & Trigger Points and Fascial Dysfunction & Joint Dysfunction that Affect Scapulohumeral Mobility, Shoulder Pain and "Frozen Shoulder". Review of Etiology and Perpetuate Factors	10:15 am
Workshop: Releasing Tatu Bands and TrPs that Affect Shoulder Function, ROM, and Pain. Accessing Anterior and Posterior Joint Capsules in Axill and Moving Scapula towards Spine.	11:15 am
Lunch	12:15 pm
During Lunch- Video: Myofascial Articular Treatment of Adolescent Idiopathic Scoliosis	12:30 pm
Ribcage Area Pain, Costochondritis	1:10 pm
Break	2:00 pm
Workshop to Integrate Work with Rib cage Relative to Spine and Sternum. Treating Joint Dysfunction. TrPs and Fascial Restriction.	2:15 pm
Putting it all Together: Review and Demonstrate Importance of Integrate Upper & Lower Body Treatment to Integrate Reorganization of Body	3:15 pm

Manual Release Registration Rates

	Early Bird until 10/22/26	Regular 10/23-11/05/26	Onsite 11/06-11/12/26
MD, DO, DC, DOM <i>paying with Tuition Remission</i>	\$850.00 <i>\$840.00</i>	\$890.00 <i>\$880.00</i>	\$915.00 <i>\$905.00</i>
NP, PT, PA, Others <i>paying with Tuition Remission</i>	\$650.00 <i>\$640.00</i>	\$690.00 <i>\$680.00</i>	\$715.00 <i>\$705.00</i>

Registration Information

Advanced registration is encouraged. Minimum and maximum registration numbers have been established for these courses. Your registration will be confirmed via email after we receive your registration and payment.

If you do not receive a confirmation letter, within 24-48 business days, please contact CPL at 505-272-3942. Registration includes course materials, breakfast, lunch and refreshments each day.

How to Register

Click on the hyperlink or scan the QR code to register for one or both courses.

TMI Registration



Payment Information

CPL does not maintain a petty cash- if you are interested in paying cash, select the 'Other' in the payment options and CPL will contact you for further information.

Credit Card:

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.

It is UNM Policy to charge \$35.00 plus normal merchant fees for each returned check

Tuition Remission:

All eligible UNM faculty/staff may use UNM Tuition Remission (waiver) to cover tuition costs. Complete the conference registration form and select that you will be paying with UNM Tuition Remission.

- If you **do not need** a supervisor signature, all required information will be collected via the form- no other steps are required.
- If you **do need** your supervisor's approval, complete a [PDF of the Tuition Remission paperwork](#) (linked) and upload it to the registration form (complete PDF prior to registering).

UNM CPL does not accept POs or faxed registrations with credit card information.

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 29, 2026**. No refunds will be issued after this date or for non-attendance (for all payments provided). 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.

For questions or more information, contact:
UNM Office for Continuous Professional Learning
HSC-CPL@salud.unm.edu

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