

The UNM Myofascial Institute

Advanced hands-on trainings
in trigger point injections
and manual release techniques

TPI: February 21-22, 2019
September 12-13, 2019

MANUAL: May 4-5, 2019
December 7-8, 2019

LOCATION

UNM Continuing Education
1634 University Blvd. NE
Albuquerque, NM 87102

Who Should Attend This Course

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



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and manual release techniques

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 injection 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 courses are designed for those who can perform TPI/have the injection privilege and to train clinicians to be able to independently practice advanced TPI.

Course Objectives

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

1. Identify common and subtle myofascial pain syndromes in the clinical setting.
2. Perform basic and advanced release techniques for patients with myofascial pain syndrome.
3. Enumerate techniques to maximize patient safety.

The UNM Myofascial Institute

TPI Agenda

DAY 1 (8:00 am - 5:00 pm)	
7:30 am	Registration & Continental Breakfast (provided)
8:00 am	Overview of Myofascial Pain Syndrome (MPS)
9:00 am	Review of Relevant Anatomy
10:00 am	Overview of Trigger Point Injection (TPI)
11:00 am	Introduction to TPI Procedure: Infraspinatus & Deltoid (Hands-On)
12:00 pm	LUNCH (provided)
1:00 pm	TPI of Trapezius & Levator Scapulae (Hands-On)
2:00 pm	TPI of Sternocleidomastoid, Splenius, and Semispinalis (Hands-On)
3:00 pm	TPI of Rhomboid, Supraspinatus, & Subscapularis (Hands-On)
4:00 pm	TPI of Thoracolumbar Paraspinals (Hands-On)

DAY 2 (8:00 am - 4:30 pm)	
7:30 am	Sign in & Continental Breakfast (provided)
8:00 am	Overview to Research data about Trigger Point Injection
9:00 am	TPI of Quadratus Lumborum & Iliacus (Hands-On)
10:00 am	TPI of Glutei & Piriformis (Hands-On)
11:00 am	TPI of Quadriceps, Hamstrings & Gastrocnemius (Hands-On)
12:00 pm	LUNCH (provided)
1:00 pm	TPI of Scalenes, Latissimus, Serrati (Hands-On)
2:00 pm	TPI of Rectus Abdominis & External Abdominal Oblique (Hands-On)
3:00 pm	TPI of Biceps, Triceps, & Forearm Muscles (Hands-On)
4:00 pm	Review of Safety and Documentation Issues

INSTRUCTORS:

Benson Daitz, MD

Professor Emeritus, Department of Family and Community Medicine
University of New Mexico Health Sciences Center

Brian M. Shelley, MD

Professor, Department of Family and Community Medicine
University of New Mexico Health Sciences Center

MANUAL Agenda

DAY 1 (8:00 am - 5:00 pm)	
7:30 am	Registration & Continental Breakfast (provided)
8:00 am	Overview of Myofascial Pain Syndrome (MPS)
9:00 am	Review of Cervical Muscles, and MPS
10:00 am	Workshop: Hands-on Treatment of TrPs and Taut Bands along with Joint Mobilization
11:15 am	Review of Cervical Muscle TrPs, Muscle Anatomy, Effects on Joint Mobility, Application to Special Problems
12:00 pm	LUNCH (provided)
1:00 pm	Review of Muscles that Affect Scapulohumeral Mobility and Shoulder Pain
2:30 pm	Workshop: Hands-on Treatment of TrPs and Taut Bands along with Releasing Anterior and Posterior Joint Capsule and Improving Scapulohumeral Mobility
4:00 pm	Application of Myofascial Treatment and Joint Mobilization to Special Problems

DAY 2 (8:00 am - 4:30 pm)	
7:30 am	Sign in & Continental Breakfast (provided)
8:00 am	Fascia and Relationship with MPS, Effects on Joint Dysfunction
9:00 am	Palpating Fascial Constriction in the Torso
10:00 am	Techniques for Treating Fascial Restriction with the Body in Positions to Explore Changes in Mobility During Treatment
11:00 am	Workshop: Integrating Treatment of MPS and Fascia in the Torso, While Exploring Patterns of Torso Mobility
12:00 pm	LUNCH (PROVIDED)
1:00 pm	Protocol to Apply TrP Release and Fascial Release along with Treatment of Joint Dysfunction to Address Adolescent Idiopathic Scoliosis (AIS)
2:00 pm	Fascial and Myofascial Release in Lower Back, Hip, Buttock, Groin Area, Effects on Joint Function
2:45 pm	Workshop: Applying Fascial and Myofascial Release Techniques to the Lower Back, Hip, Groin, and Buttock
3:45 pm	Review of Treatments of MPS and Fascial Restriction in Treating Specific Pain Syndromes in the Back and Hip

INSTRUCTORS:

Lucy Whyte Ferguson, DC

Volunteer Faculty, Department of Neurosurgery
University of New Mexico Health Sciences Center

Andrea Whyte Griffin, DC

Chiropractor, Colonias Chiropractic Center, Taos, NM

Registration Information

Advance registration is encouraged. Register early to avoid disappointment. Your registration will be confirmed via email. If you do not receive a confirmation letter, please contact UNM CME at (505) 272-3942 to verify your attendance. Registration includes course materials, breakfasts, lunches and refreshment breaks each day. Please confirm your registration before making travel arrangements. Minimum and maximum registration numbers have been established for these courses. Registrations paid in cash must be in the exact amount of tuition. CME does not maintain a petty cash fund. It is UNM policy to charge offerer \$35.00 plus normal merchant bank fees for each returned check. **UNM CME no longer accepts POs or faxed registrations with credit card information.**

Accreditation

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 each live activity for a maximum of **15.50 AMA PRA Category 1 Credit(s)**[™]. 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 National Certification Commission for Acupuncture and Oriental Medicine, 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).

Attire

Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket to your selected course.

Hotel Accommodations

We do not have a room block secured for these courses. However if you need hotel accommodations, you may want to select one of these hotels.

Embassy Suites by Hilton

1000 Woodward Place NE Albuquerque, NM 87102
Phone: (505) 245-7100

Home2 Suites by Hilton

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

Crowne Plaza Albuquerque

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

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 UNM CME as soon as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

REGISTRATION FORM

Name: _____ Specialty: _____

Title (please circle): MD DO NP PT PA DC LMT DOM CMTPT Other: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Fax: _____

Email: _____

TRIGGER POINT INJECTIONS (please mark your selection)

_____ **February 21-22, 2019** _____ **September 12-13, 2019**

EARLY BIRD: Postmarked 3 weeks prior to scheduled course		REGULAR: Postmarked 3 weeks to 4 days prior to scheduled course		ONSITE: Received within 3 days of scheduled course	
_____ MD, DO, DC, DOM	\$895.00	_____ MD, DO, DC, DOM	\$935.00	_____ MD, DO, DC, DOM	\$960.00
_____ MD, DO, DC, DOM with Tuition Remission	\$885.00	_____ MD, DO, DC, DOM with Tuition Remission	\$925.00	_____ MD, DO, DC, DOM with Tuition Remission	\$950.00
_____ NP, PT, PA, Others	\$695.00	_____ NP, PT, PA, Others	\$735.00	_____ NP, PT, PA, Others	\$760.00
_____ NP, PT, PA, Others with Tuition Remission	\$685.00	_____ NP, PT, PA, Others with Tuition Remission	\$725.00	_____ NP, PT, PA, Others with Tuition Remission	\$750.00

Please let us know:

_____ I can perform TPI/have the injection privilege _____ I cannot perform TPI/do not have the injection privilege

MANUAL RELEASE TECHNIQUES (please mark your selection)

_____ **May 4-5, 2019** _____ **December 7-8, 2019**

EARLY BIRD: Postmarked 3 weeks prior to scheduled course		REGULAR: Postmarked 3 weeks to 4 days prior to scheduled course		ONSITE: Received within 3 days of scheduled course	
_____ MD, DO, DC, DOM	\$795.00	_____ MD, DO, DC, DOM	\$835.00	_____ MD, DO, DC, DOM	\$860.00
_____ MD, DO, DC, DOM with Tuition Remission	\$785.00	_____ MD, DO, DC, DOM with Tuition Remission	\$825.00	_____ MD, DO, DC, DOM with Tuition Remission	\$850.00
_____ NP, PT, PA, Others	\$595.00	_____ NP, PT, PA, Others	\$635.00	_____ NP, PT, PA, Others	\$660.00
_____ NP, PT, PA, Others with Tuition Remission	\$585.00	_____ NP, PT, PA, Others with Tuition Remission	\$625.00	_____ NP, PT, PA, Others with Tuition Remission	\$650.00

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. A copy of the UNM Tuition Remission Form, along with a copy of the conference registration form, needs to be emailed (HSC-CMEWeb@salud.unm.edu) or faxed to (505) 272-8604. The UNM Tuition Remission Form can be found here: <https://hr.unm.edu/benefits/tuition-remission>. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance.

Cancellation

If you preregister 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 two weeks prior to the scheduled date of course. No refunds will be issued after this date or for non-attendance. Courses are subject to cancellation. In the event a course is cancelled, UNM CME is not responsible for any airfare, hotel or other costs incurred by participants.

Payment

_____ Check _____ Cash _____ UNM Tuition Remission

_____ To pay by credit card, visit the conference website on the UNM CME website: <https://som.unm.edu/education/cme/2019/unm-myofascial-institute.html>

Make check payable to the **UNM CME** and mail it along with this form to: The University of New Mexico, Continuing Medical Education & Professional Development, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. **UNM CME no longer accepts POs or faxed registrations with credit card information.**