

Integrated Neuromuscular Management of Myofascial Pain (Trigger Points)

By Leon Chaitow ND DO

Learning objectives:

By the end of the course the participant should have:

1. An understanding of the complex interacting causative features of myofascial pain in general and trigger point evolution in particular
2. Awareness of current research evidence of trigger point visualisation, including use of real-time ultrasound and elastography; as well as dialysis data of trigger point milieu
3. Understanding which trigger points are suitable for deactivation, and why some trigger points may be functional, and so should not be deactivated
4. A general awareness and understanding of a variety of complementary and mainstream treatment approaches (including acupuncture, manual therapy, exercise, myofascial trigger point deactivation, hydrotherapy and various pain management methods) based on clinical and research evidence.
5. An ability to incorporate into patient care useful, evidence based, integrated manual approaches in the care of myofascial pain patients (including positional release and muscle energy methods)
6. Understanding of the role that other modalities, including acupuncture, laser and dry needling can play in management of myofascial pain
7. Understanding of the role that nutrition can play in management of myofascial pain.
8. Understanding of stress management in care of myofascial pain patients
9. An understanding of the issues of compliance in home-care, self-treatment approaches.

Course contents outline

Current understanding of the the patho-physiology of myofascial pain - what clinical experience and research has revealed about the evolution of trigger points and their contribution to general sensitization and widespread pain syndromes.

- Specific palpation and assessment methods for identification of myofascial trigger points
- Treatment protocols for central (muscle belly) situated trigger points, and attachment trigger points discussion relative to recent evidence of the importance in

- Clinical methods of myofascial pain management, including manual therapy variations such as: positional release/strain-counterstrain/ muscle energy techniques/ myofascial release/connective tissue manipulation – and combined approaches such as Integrated Neuromuscular Inhibition Technique (INIT)
- The role of poor posture, poor ergonomics and poor breathing patterns, in the evolution of trigger points and myofascial pain
- Discussion of dietary factors and protocols in managing myofascial pain
- Recognizing breathing imbalance and appropriate rehabilitation protocols including breathing rehabilitation, relaxation methods (such as autogenic training) and aerobic exercise in treatment of myofascial pain
- How to help individuals to commit to self-care activities.
- Review and practice of manual and rehabilitation methods + Q&A opportunities.



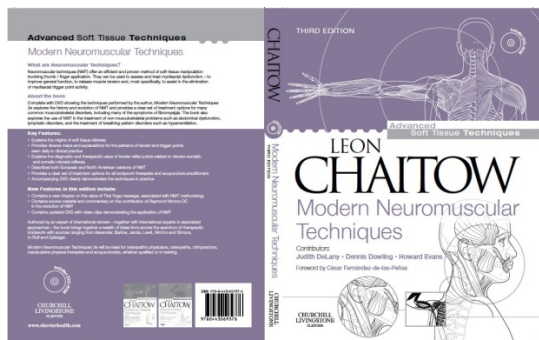
Leon Chaitow ND DO
Honorary Fellow,
University of Westminster,
London

Leon Chaitow is a state registered osteopath and naturopath in the UK; author of more than 70 books; editor of peer reviewed Journal of

Bodywork & Movement Therapies (JBMT), before retiring was a senior lecturer and module leader on post- and undergraduate courses at the University of Westminster, London. He lectures internationally (USA and Europe) on both bodywork and general health topics from an integrated naturopathic & osteopathic perspective. He practices privately in the UK as part of the Integrative Healthcare team and in Corfu, Greece, as well as in an NHS setting at Marylebone Health Centre, London, where in 1993, he became the first naturopath/osteopath to be appointed as consultant to a Government-funded conventional medical practice.

Suggested reading:

Chaitow L. 2010 Modern Nueromuscular techniques (3rd edition) Churchill Livingstone Edinburgh



Booking Info

The Massage Training School
51, Imperial Road Exmouth
Devon EX8 1DQ
01395 271610
info@themassagetrainingschool.com
www.themassagetrainingschool.com

DATES 26th & 27th May 2012
COURSE FEE £255
(£100 non-refundable deposit)
To enrol fill the form overleaf

ENROLMENT FORM (to be sent with deposit to The Massage Training School 51, Imperial Road Exmouth EX8 1DQ)
cheques payable to "The Massage Clinic"

FULL NAME

ADDRESS

POSTCODE

TEL.

E-MAIL

THERAPY PRACTICED

WHERE DID YOU HEAR ABOUT THE WORKSHOP

The Massage Training School www.themassagetrainingschool.com 01395 271610

51, Imperial Road Exmouth Devon EX8 1DQ