



SCHOOL OF
MEDICINE
DEPARTMENT OF
NEUROLOGICAL SURGERY

The UNM Myofascial Institute

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

Trigger Point Injections
November 3-4, 2022

Manual Release Techniques
November 5-6, 2022

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



The UNM Myofascial Institute

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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 myofascial pain syndromes in the clinical setting.
2. Perform basic and advanced trigger point injection (TPI) in patients with myofascial pain syndrome.
3. Enumerate techniques to maximize patient safety related to performing TPI
4. Evaluate basic concepts from myofascial pain syndrome, fascia science, and articular dysfunction which are needed to address adolescents with idiopathic scoliosis. (Note: These are also the basic concepts necessary to address many forms of neck pain, back pain, shoulder pain, and hip pain.)
5. Develop hands-on skills in treating myofascial trigger points, abnormal fascia, and articular dysfunction, as a way to treat adolescents with idiopathic scoliosis. (Note: These are also the hands-on skills that are of use in treating many forms of neck pain, back pain, shoulder pain, and hip pain.)
6. Apply this knowledge and skill with patients in their community practices.

The UNM Myofascial Institute

Trigger Point Injections

DAY 1 (8 am - 4:30 pm)	
7:30 am	Registration/Breakfast/Networking
8 am	Overview of Myofascial Pain Syndrome (MPS)
9 am	Review of Relevant Anatomy
10 am	Overview of Trigger Point Injection (TPI)
10:45 am	BREAK
11 am	Introduction to TPI procedure: Trapezius, Levator Scapulae, Infraspinatus & Deltoid (Hands-On)
12 pm	LUNCH (provided)
12:30 pm	TPI of Sternocleidomastoid, Splenius, and Semispinalis (Hands-On)
1:30 pm	TPI of Rhomboid, Supraspinatus, & Subscapularis (Hands-On)
2:15 pm	BREAK
2:30 pm	TPI of Biceps, Triceps, & Forearm muscles (Hands-On)
3:30 pm	Faculty Demonstration: Assessment and Treatment of Upper Body Pain Syndromes

DAY 2 (8 am - 4:30 pm)	
7:30 am	Registration/Breakfast/Networking
8 am	Overview to Research Data about Trigger Point Injection
9 am	TPI of Thoracolumbar Paraspinals, Quadratus Lumborum & Iliacus (Hands-On)
10 am	TPI of Glutei & Piriformis (Hands-On)
10:45 am	BREAK
11 am	TPI of Quadriceps, Hamstrings & Gastrocnemius (Hands-On)
12 pm	LUNCH (provided)
12:30 pm	TPI of Scalenes, Latissimus, Serrati (Hands-On)
1:30 pm	TPI of Rectus Abdominis & External Abdominal Oblique (Hands-On)
2:15 pm	BREAK
2:30 pm	Faculty Demonstration: Assessment and Treatment of Lower Body Pain Syndromes
3:30 pm	Review of Safety and Documentation Issues

INSTRUCTORS:

Benson Daitz, MD

Professor Emeritus, 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

Arthur "Spike" Lynch, MD

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

Questions?

UNM Office for Continuous Professional Learning
MSC09 5370 1 University of New Mexico
Albuquerque, NM 87131-0001
(505) 272-3942

HSC-CPL@salud.unm.edu

<https://hsc.unm.edu/medicine/education/cpl/>

Manual Release Techniques

DAY 1 (8 am - 5 pm)	
7:30 am	Registration/Registration/ Networking
8 am	Introduction of Myofascial Pain Syndrome (MPS)
9 am	Demonstration: Lower Back Pain
10 am	BREAK
10:15 am	Workshop
12 pm	LUNCH (provided)
1 pm	Demonstration: Hip and Groin Pain
2:30 pm	BREAK
2:45 pm	Workshop
4:30 pm	Summary of How Mechanical Factors: Myofascial Disorders, Fascial Construction, and Joint Dysfunction, and Muscle Weakness Affect Chronic Hip and Back and Pelvic Pain

DAY 2 (8 am - 4 pm)	
7:30 am	Registration/Breakfast/Networking
8 am	Summary of How Patterns of Fascial Construction and Muscle Imbalance Affect Alignment of the Spine and Rib Cage Deformity
8:40 am	Demonstration: Shoulder Pain and Dysfunction
9:30 am	Workshop
11 am	BREAK
11:15 am	Review of Targeted Home Exercises and Supports
12:15 pm	LUNCH (provided)
1:15 pm	Demonstration: Neck Pain and Cervicogenic Headaches
2 pm	Workshop
3:15 pm	BREAK
3:30 pm	How to Integrate Care of Myofascial and Fascial Dysfunction as well as Joint Dysfunction

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

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 compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.



**SCHOOL OF
MEDICINE**

OFFICE FOR CONTINUOUS
PROFESSIONAL LEARNING

TRIGGER POINT INJECTIONS* November 3-4, 2022

EARLY BIRD: Before Oct. 13, 2022		REGULAR: Oct. 13-27, 2022		ONSITE: Oct. 28-Nov. 3, 2022	
MD, DO, DC, DOM with UNM Tuition Remission	\$895.00 \$885.00	MD, DO, DC, DOM with UNM Tuition Remission	\$935.00 \$925.00	MD, DO, DC, DOM with UNM Tuition Remission	\$960.00 \$950.00
NP, PT, PA, Others with UNM Tuition Remission	\$695.00 \$685.00	NP, PT, PA, Others with UNM Tuition Remission	\$735.00 \$725.00	NP, PT, PA, Others with UNM Tuition Remission	\$760.00 \$750.00

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

MANUAL RELEASE TECHNIQUES November 5-6, 2022

EARLY BIRD: Before Oct. 13, 2022		REGULAR: Oct. 13-27, 2022		ONSITE: Oct. 28-Nov. 3, 2022	
MD, DO, DC, DOM with UNM Tuition Remission	\$845.00 \$835.00	MD, DO, DC, DOM with UNM Tuition Remission	\$885.00 \$875.00	MD, DO, DC, DOM with UNM Tuition Remission	\$910.00 \$900.00
NP, PT, PA, Others with UNM Tuition Remission	\$645.00 \$635.00	NP, PT, PA, Others with UNM Tuition Remission	\$685.00 \$675.00	NP, PT, PA, Others with UNM Tuition Remission	\$710.00 \$700.00

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

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™* listed below.

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

Trigger Point Injections: a maximum of **15.00 AMA PRA Category 1 Credits™**

Manual Release Techniques: a maximum of **14.00 AMA PRA Category 1 Credits™**

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 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

Crowne Plaza Albuquerque

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

CANCELLATION

If you preregister and cannot attend, CPL will refund tuition, less a \$40.00 administrative fee, provided it is received in writing on or before **Thursday, October 20, 2022**. No refunds will be issued after this date or for non-attendance. Courses are subject to cancellation. In the event a course is cancelled, CPL is not responsible for any airfare, hotel or other costs incurred by participants.

How to Register

Credit cards, checks, cash or UNM PR: <https://bit.ly/2022TMI>

Checks should be made **payable to UNM CPL** and mail it 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:

1. Complete **UNM Tuition Remission** form with proper signatures.
2. Save your completed UNM Tuition Remission form as a PDF.
3. Complete the **training registration form** and upload completed UNM Tuition Remission form to the online registration form.
4. Click PAY WITH UNM TUITION REMISSION and click SUBMIT.
5. If you click the box, you will receive an email copy of the information you provide. **THIS IS NOT YOUR TRAINING CONFIRMATION.** Your training confirmation will come later from the email address HSC-CPL@salud.unm.edu.