

INTRODUCTION TO MYOFASCIAL TRIGGER POINTS AND MUSCULOSKELETAL DYSFUNCTION

MR ROBERT GRIEVE *MSc, DPodM, MCSP*

Rob is a senior lecturer currently employed at University of West of England and is a Registered Physiotherapist. Prior to qualifying as a physiotherapist, he had seven years experience as a podiatrist within the NHS. Previous physiotherapy experience has included part time physiotherapy at Bath Rugby Academy, NHS and private work. At present he is involved as an examiner in the MSc/Postgraduate Diploma in Sport & Exercise Medicine (Bath University) and is undertaking a PhD on Myofascial Trigger Points. He has experience in running courses throughout the UK.

The aim of this one day course is to **introduce** musculoskeletal physiotherapists to Myofascial Trigger Points (MTrPs)/Myofascial pain and the application to clinical practice. This course will aim to give clinicians the basic theory and understanding to increase their interest and use of MTrPs in clinical assessment and practice.

The main emphasis of this course will be on the practical application of MTrPs within areas of regional pain and dysfunction (neck, shoulder, etc). Manual therapy techniques and the management of MTrPs will be integral to the course.

On conclusion of the course, clinicians will have the skills to identify and manage MTrPs, thereby increasing their scope of practice and effectiveness as clinicians.

Course Objectives/Aims:

- To review the underlying theory on MTrPs/Myofascial pain linked closely to recent relevant literature.
- To identify specific MTrPs as described by Travell & Simons, (1983, 1992), within muscles relevant to each anatomical region of dysfunction/pain
- To review and practice manual therapy techniques and the management of MTrPs.
- To enable clinicians to attain the skills in identification and management of MTrPs, thereby increasing their scope of practice and clinical outcomes.
- To inspire clinicians to further increase their knowledge and use of MTrPs in their clinical practice.

Venue: **Physiotherapy Department
Hemel Hempstead Hospital
Hillfield Road
Hemel Hempstead
Herts
HP2 4AD**

Date: **SATURDAY 11 SEPTEMBER 2010**



Attached: **Programme
Directions to venue
Application form**

INTRODUCTION TO MYOFASCIAL TRIGGER POINTS AND MUSCULOSKELETAL DYSFUNCTION

HEMEL HEMPSTEAD HOSPITAL

SATURDAY 11TH SEPTEMBER 2010

*Course Outline

- 09.15 - 09.30 **Coffee and Registration**
- 09.30 - 10.45 **Introduction to myofascial pain and trigger points**
- Definition
 - Aetiology and pathogenesis
 - Active vs Latent MTrPs
 - Criteria for identification of MTrPs
 - Regional pain/dysfunction and MTrPs (differential diagnosis).
 - What the literature says on efficacy of manual therapy of MTrPs in musculoskeletal dysfunction
- 11.00 
- 11.15 **Identification of specific MTrPs within each anatomical region, manual therapy techniques and management protocol**
(MTrPs within ** muscles in areas of regional pain and dysfunction)
- Neck & shoulder
 - Arm pain (miscellaneous examples)
 - Lumbar spine & pelvis
 - Leg pain (miscellaneous examples)
 - Ankle & Foot
- 13.00 – 13.45 **Lunch**
- 13.45 - 15.30 **Identification of specific MTrPs within each anatomical region, manual therapy techniques and management protocol (Cont`d)**
- 15.45 
- 16.00 **Course Overview including critical appraisal of MTrPs.**

* This course outline may be slightly altered to meet needs of participants

**All participants to review musculature of the upper and lower limbs



Travelling to Hemel Hempstead General Hospital

<http://www.westhertshospitals.nhs.uk/index.htm>

visit hospital link for further information

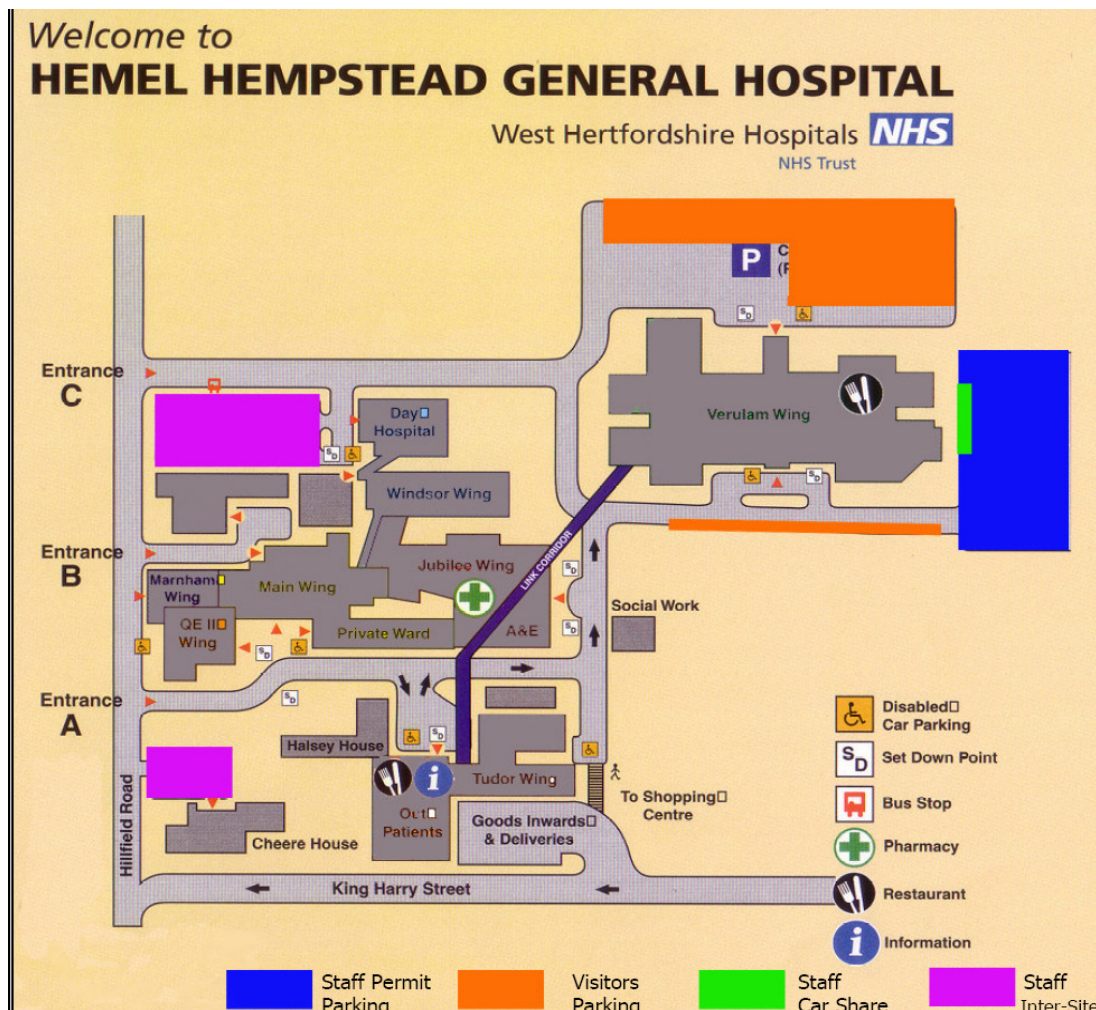
Hemel Hempstead General Hospital is situated on Hillfield Road in Hemel Hempstead town centre, minutes from the main bus station.

If your journey to Hemel Hempstead Hospital involves rail travel, continuing your journey from the railway station might be preferable by bus or taxi as the station is some distance from the Hospital. Although walkable in approximately 25 minutes, public transport or a taxi may be a better option. Buses travel fairly frequently from the station to the town centre. A bus map in the station forecourt will show you where to catch your bus. There is a taxi rank directly outside the station.

Parking charges:

- Up to 3 hours - £3.00
- Up to 5 hours - £3.50
- Over 5 hours - £12.50

Charging applies 24 hours, Monday - Sunday.
Tickets expire at midnight on day of purchase.



**INTRODUCTION TO MYOFASCIAL TRIGGER POINTS AND
MUSCULOSKELETAL DYSFUNCTION**

HEMEL HEMPSTEAD HOSPITAL

SATURDAY 11TH SEPTEMBER 2010

APPLICATION FORM

Name:

(Please print your name as you wish it to be shown on your certificate)

Address for correspondence:

Contact No: Home :
Work :
Mobile :

E-mail address :

Place of work :

Grade :

Area of work :

Apply to : Irene Wellman, Welbeing CPD Ltd,
North View, Church Road, Bulphan
RM14 3RU
Tel: 08453 70 22 70 or
E-mail: enquiries@welbeing-cpd.co.uk

Fee : £117.50 per person inclusive of VAT @17.5%
(cheques payable to **Welbeing CPD Ltd**)
Credit/Debit card booking available now.
Online or Phone
www.welbeing-cpd.co.uk



Included in fee: Course notes
Certificates to assist with your CPD
Refreshments

*Cancellation Policy – In the event of an applicant cancelling, a refund will not be possible unless the course organiser is able to find a replacement. If a replacement is found, a charge of £60.00 will be made for administration costs.