INTRODUCTION TO MYOFASCIAL TRIGGER POINTS AND MUSCULOSKELETAL DYSFUNCTION

MR ROBERT GRIEVE MSc, DPodM, MCSP
Rob is a senior lecturer 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 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: St Mary’s Hospital
Physiotherapy Department
Winston Churchill Building
Entrance Winsland Street
Paddington
London
W2 1NY

Date: Saturday 26th November 2011

Attached: Application form
Programme
Directions to venue
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ST MARY’S HOSPITAL PADDINGTON
Saturday 26th November 2011

*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
The course would be held at St Mary's Hospital in the basement of the Winston Churchill Wing Physiotherapy Department - entrance in Winsland Street.

Refreshments will be provided during breaks but you will need to bring your own packed lunch. Alternatively there are local sandwich bar/café’s approximately 5 minutes walk away.
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ST MARY’S HOSPITAL PADDINGTON
Saturday 26TH November 2011

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:  Rate: £126.00 per person inclusive of VAT @ 20%
(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 (lunch not included)

*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.

Rob Grieve/©Myofascial Trigger Point