

# MASTERCLASS

MYOFASCIAL TRIGGER POINTS FOR MOVEMENT  
OPTIMISATION AND PAIN INCLUDING CHINESE  
THERAPY OF "JINGJIN" (3 DAYS)



MOVE  
WELL TO  
LIVE WELL

GIVE YOURSELF  
THE BEST  
ADVANTAGE

MOVE  
BETTER -  
DO MORE

HELPING YOU  
RESTORE  
QUALITY OF LIFE

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KINETIC  
CONTROL

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20 YEARS OF OPTIMISED MOVEMENT HEALTH

## COURSE OVERVIEW

Use movement control analysis in a clinical framework to help guide myofascial trigger point release to treat the source of pain, regain muscle extensibility and change recruitment thresholds to enhance movement control.

This course is orientated to a 'hands on' practical application of myofascial trigger points. Myofascial trigger points contribute to the pain experience in many chronic and recurrent musculoskeletal presentations. This is often seen in people whose pain is linked to static or sustained postures and repetitive movements. Treating sensitised myofascial trigger points is seen to relieve their contribution to musculoskeletal pain presentations and can aid the recovery of pain related changes in recruitment synergies when combined movement and exercise therapy interventions.

A unique feature of this course is the classification of myofascial trigger points based on muscle recruitment synergies. Management includes the treatment of the myofascial trigger point and active movement recovery retraining to prolong the effect of treatment and to recover the muscle recruitment changes that are related to recurrent pain neurophysiology.

This course continues the application of integration of MTP treatment with the ancient Chinese therapy of "Jingjin" (sinew lines) for the lower quadrant.

## COURSE OUTLINE

This course teaches therapists to identify myofascial trigger points contributing to patients' movement related presentations and to effectively treat these points with manual stimulation

Sensitised or 'active' myofascial trigger points have a twofold effect on chronic and recurrent pain. Firstly, they directly produce local and referred pain that responds well to manual treatment and exercise therapy. Additionally, they appear related to the observed changes in recruitment of muscle synergists classified as possessing global stabiliser and global mobiliser roles, which is in turn strongly linked to the maintenance of recurrent musculoskeletal pain. These features will be explored in detail.

The course explores movement assessment within a clinical framework to help guide the use of MTP release to address the source of pain, regain muscle extensibility and change muscle recruitment thresholds.

### **This course will help you to:**

Use myofascial trigger point therapy in the management of:

- Uncontrolled movement
  - Clinical regional pain scenarios
  - Complex regional pain syndromes
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## KEY FEATURES

- The biology of the Myofascial Trigger Point (MTP)
- How to identify active or pain producing myofascial trigger points
- How to manually manage active MTPs
- How to make links between active trigger points and global system muscle synergy changes
- The use of MTPs to 'down-regulate' and increase extensibility in global mobiliser role synergists
- The use of MTPs to 'up-regulate' global stabiliser role synergists

### Introduction to the Jingjin concepts and MTP application

This course will explore how myofascial trigger point therapy can be a valuable tool in the management of chronic pain including:

- The management of peripheral neurogenic pain
- Enhancing movement patterns
- increasing extensibility and decreasing the inefficient recruitment of global mobiliser role synergists
- Facilitating the recruitment efficiency of global stabiliser role synergists
- Management within complex neurogenic pain presentations.

## LEARNING OUTCOMES

**At the end of this course the participant should be able to:**

- To have an understanding of the current evidence / theories regarding the physiology of MTPs
- Palpate and understand the difference between myofascial trigger points and other tender points
- Understand how uncontrolled movement plays a role in the development of myofascial trigger points
- Identify the myofascial trigger points as a contributing source of pain
- Use MTP with Jingin pathways.

**The participant should demonstrate the ability to apply principles of movement assessment and retraining to:**

- Employ movement assessment in a clinical framework to help guide myofascial trigger point release to treat the source of pain, regain muscle extensibility and change recruitment thresholds for enhanced Movement Health
- Integrate the assessment and treatment of myofascial trigger point release, movement assessment and retraining into clinical practice
- Integrate the assessment and treatment of myofascial trigger points into the concept of Jingjin pathways for treatment of pain and movement control impairments.

## CLINICAL SCENARIOS

- Clinical reasoning workshop on integration of MTP therapy into contemporary clinical management of musculoskeletal pain using a variety of clinical conditions

## COURSE HIGHLIGHTS

- Use movement assessment in a clinical framework to help guide myofascial trigger point release to treat the source of pain, regain muscle extensibility and change recruitment thresholds
- Integrate the assessment and treatment of myofascial trigger point release, movement assessment and retraining into clinical practice

