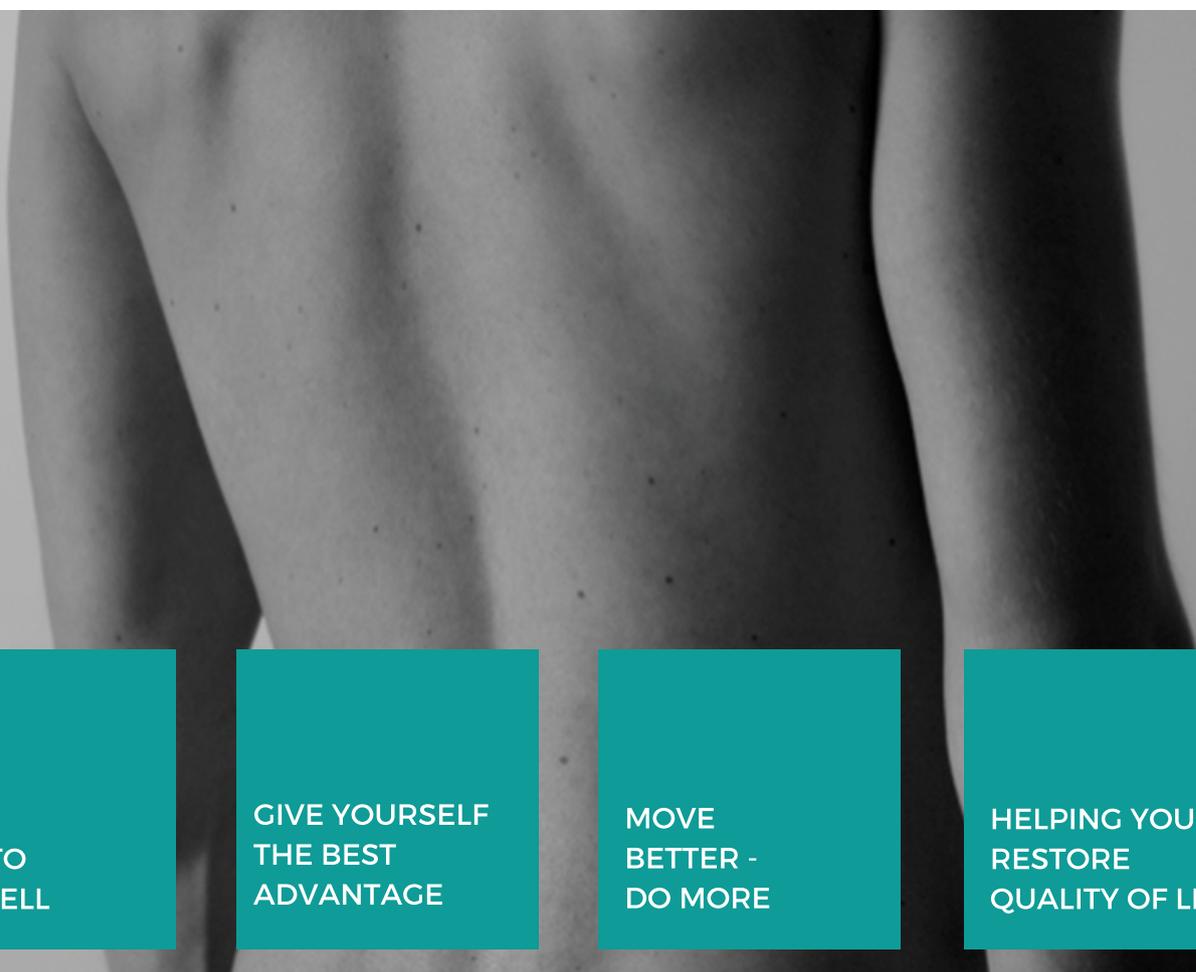


# MASTERCLASS

MYOFASCIAL TRIGGER POINT SOLUTIONS FOR  
MOVEMENT OPTIMISATION AND PAIN MANAGEMENT



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

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.

## 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 is orientated to a 'hands on' practical application of myofascial trigger points.

## 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

## 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

**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

**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



## 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

## TESTIMONIALS

'I enjoyed the course immensely & look forward to applying these techniques.'

'Quick & easy to apply practical techniques - with instant changes.'

## PROGRAMME

### DAY ONE:

**9.00 - 10.30** A functional approach to MTP therapy (theoretical component):  
Review of key concepts of uncontrolled movement  
Review multifactorial pain mechanisms  
Consideration of potential links between MTP therapy and changes in muscle synergy recruitment

Theoretical concept of identifying and treating MTPs (theoretical component):

Physiology of the MTP

Clinical characteristics of the MTP

Peripheral neurogenic pain indicators

Location of MTPs

Manual palpation techniques to identify and treat MTPs

Treatment guidelines



**10.30 - 10.50** Coffee

**10.50 - 12.30** Palpation assessment and treatment of active Primary MTPs in inefficient recruitment of global mobiliser synergist muscles (practical component):  
Specific global mobiliser role synergist muscles  
Location of MTPs  
Referral zone  
Positioning of subject  
Clinical implications  
Related secondary or satellite MTPs

**12.30 - 13.30** Lunch

**13.30 - 15.00** Continue

**15.00 - 15.20** Tea

**15.20 - 17.00** Clinical reasoning workshop on integration of MTP therapy into contemporary clinical management of musculoskeletal pain using a variety of clinical conditions.

**DAY TWO:**

**9.00 - 10.30** Palpation assessment and treatment of active Secondary MTPs in inefficient recruitment of global stabiliser role synergist muscles (practical component)

**10.50 - 12.30** Palpation assessment and treatment of active Satellite MTPs in global mobiliser and stabiliser role synergists in the limbs (practical component)

**12.30 - 13.30** Lunch

**13.30 - 15.00** MTP treatment for 'simple' regional pain (theoretical and practical component):  
'Traditional' process of using MTP wall charts to identify active MTPs contributing to regional pain

MTP treatment for neurogenic and 'complex' regional pain (theoretical component)

Discussion session

**15.00 - 15.20** Tea

**15.30 - 17.00** Clinical reasoning workshop on integration of MTP therapy into contemporary clinical management of musculoskeletal pain using a variety of clinical conditions.

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