



SCHOOL OF  
MEDICINE  
DEPARTMENT OF  
NEUROLOGICAL SURGERY

# The UNM Myofascial Institute

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

**Trigger Point Injections**  
November 2-3, 2023

**Manual Release Techniques**  
November 4-5, 2023

**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

## COURSE INFORMATION

The UNM Myofascial Institute will provide two intensive hands on trainings TPI & Manual Release. Each course will be two-day trainings in techniques to address myofascial pain syndrome, a common chronic pain diagnosis. Dedicated courses in trigger point injection (TPI) 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 course is designed for those who can perform TPI, who have the injection privilege and to train clinicians to be able to independently practice advance TPI.

## COURSE OBJECTIVES FOR TPI

At the conclusion of the training, the participant should be able to:

- Identify common myofascial pain syndromes in the clinical setting.
- Perform basic and advanced trigger point injection (TPI) in patients with myofascial pain syndrome.
- Enumerate techniques to maximize patient safety related to performing TPI.

## COURSE OBJECTIVES FOR MANUAL RELEASE TECHNIQUES

At the conclusion of the training, the participant should be able to:

- Identify common and subtle myofascial syndromes in the clinical setting.
- Perform basic and advanced release techniques for patients with myofascial pain syndrome.
- Identify factors that are likely to perpetuate myofascial trigger points and discuss mitigation.

## CME REVIEWERS

From the Office for Continuous Professional Learning

**Robert P. Giebitz, PhD**

**Jennifer Harbaugh**

**Gary A. Smith, PhD**

## 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 **16.00** *AMA PRA Category 1 Credits™*

**Manual Release Techniques:** a maximum of **15.75** *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 for Physical Therapy, and the New Mexico Medical Board (for approval to award hours related to management of Chronic Pain with Controlled Substances).

## COURSE 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.

### Questions?

UNM Office for Continuous Professional Learning

MSC09 5370 1 University of New Mexico

Albuquerque, NM 87131-0001

**Phone:** (505) 272-3942

**Email:** [HSC-CPL@salud.unm.edu](mailto:HSC-CPL@salud.unm.edu)

**Web:** <http://goto.unm.edu/CPL>



**SCHOOL OF  
MEDICINE**

CONTINUOUS  
PROFESSIONAL LEARNING



# The UNM Myofascial Institute

## Trigger Point Injections

Thursday, November 2, 2023 (8 am-5 pm)	
7:30-8 am	Registration/Breakfast/Networking
8-9 am	Overview of Myofascial Pain Syndrome (MPS)
9-10 am	TPI Demo & Review of Muscles: Trap, Upper Back & Shoulder
10-10:15 am	<b>BREAK</b>
10:15 am-12:15 pm	Palpation/TPI of Trap, Upper Back & Shoulder (Hands-On)
12:15-12:45 pm	<b>LUNCH (provided)</b>
12:45-1:45 pm	Review of Muscles: Head & Neck
1:45-3:45 pm	Palpation/TPI of Head & Neck (Hands-On)
3:45-4 pm	<b>BREAK</b>
4-5 pm	Shoulder Assessment

Friday, November 3, 2023 (8 am-5 pm)	
7:30-8 am	Registration/Breakfast/Networking
8-9 am	Overview to Research Data About Trigger Point Injection
9-10 am	Review of Muscles: Low Back & Gluteals
10-10:15 am	<b>BREAK</b>
10:15 am-12:15 pm	Palpation/TPI of Low Back & Gluteals (Hands-On)
12:15-12:45 pm	<b>LUNCH (provided)</b>
12:45-1:15 pm	Dry Needling Demo
1:15-1:45 pm	Review of Muscles: UE, LE & Abdomen
1:45-2 pm	<b>BREAK</b>
2-4 pm	Palpation/TPI of UE, LE & Abdomen (Hands-On)
4-5 pm	Low Back Assessment/Laser Demo

## INSTRUCTORS FOR TRIGGER POINT INJECTIONS

### Benson Daltz, MD

Professor Emeritus  
Department of Family and Community Medicine  
University of New Mexico School of Medicine

### Michael A. Domino, PA-C

Lecturer III  
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 School of Medicine

### Brian M. Shelley, MD

Professor  
Department of Family and Community Medicine  
University of New Mexico School of Medicine

## INSTRUCTORS FOR MANUAL RELEASE TECHNIQUES

### 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

## Manual Release Techniques

Saturday, November 4, 2023 (8 am-5 pm)	
7:30-8 am	Registration/Breakfast/Networking
8-9 am	Overview of Myofascial Pain Syndrome (MPS) and Introduction to Fascial Dysfunction Concepts
9-10 am	The Fallacy of Non-specific Lower Back Pain (LBP)
10-11 am	Workshop: Hands-on Treatment of TrPs and Taut Bands along with Joint Mobilization
11-11:15 am	<b>BREAK</b>
11:15-12:45 pm	The Myofascial and Articular Keys to Treating Hip, Groin, and Pelvic Pain: Diagnosing and Treating Functional Impingement of the Hip and Related MPS and Fascial Restriction
12:45-1:15 pm	<b>LUNCH (provided)</b>
1:15-2:15 pm	Workshop: Applying Fascial and Myofascial Release Techniques to Hip and Groin Disorders and Identifying and Treating Functional Impingement of the Hip
2:15-2:30 pm	<b>BREAK</b>
2:30-3:20 pm	How to Improve Balance of the Pelvis and Identifying and Addressing Perpetuating Factors
3:20-4:20 pm	Workshop: Identifying Perpetuating Factors and Prescribing Ways to Mitigate These Factors
4:20-5 pm	Clinical Management of LBP and Hip, Groin, and Pelvic Pain

Sunday, November 5 (8 am-4:30 pm)	
7:30-8 am	Registration/Breakfast/Networking
8-9 am	Review of Cervical Muscles, and MPS: Pain Referral, and How Taut Bands Affect Joint Mobility, Fascial Dysfunction in the Cervical Spine Region, plus Use of Contract/Relax to Address Joint Dysfunction
9-10 am	Workshop: Hands-on Treatment of Cervical Area TrPs and Taut Bands along with Joint Mobilization
10-10:15 am	<b>BREAK</b>
10:15-11:15 am	Review of Muscle Bands and Trigger Points and Fascial Dysfunction and Joint Dysfunction that affect Scapulohumeral Mobility and Shoulder Pain and "Frozen Shoulder"
11:15-12 pm	Workshop: Hands-on Treatment of TrPs and Taut Bands along with Releasing Anterior and Posterior Joint Capsule and Improving Scapulohumeral Mobility, Tendinitis, and Tendon "Instability"
12-12:20 pm	<b>LUNCH (provided)</b>
12:20-1 pm	Showing of Video: Myofascial and Articular Treatment of Adolescent Idiopathic Scoliosis (AIS)
1-1:45 pm	Integrated Care Protocol for Adhesive Capsulitis: Care of Acute Inflammatory Stage, Care of Cervical and Shoulder and Upper Thoracic and Scapulohumeral Dysfunctions: MPS, Fascial Restriction, and Joint Dysfunction
1:45-2:30 pm	Workshop: Integrating Fascial and Myofascial Release and Articular Care for Neck and Shoulder Conditions
2:30-3:10 pm	Techniques for Treating Fascial Restriction with the Body in Positions to Explore Changes in Mobility During Treatment
3:10-3:20 pm	<b>BREAK</b>
3:20-4 pm	Workshop: Identifying and Addressing TrPs Important to Resolving Middle Back Pain, Assessing Fascial Restriction and Joint Dysfunction
4-4:30 pm	Integrating Upper and Lower Body Care

# TRIGGER POINT INJECTIONS\* November 2-3, 2023

	<b>EARLY BIRD:</b> Before 10/12/2023	<b>REGULAR:</b> 10/13-27/2023	<b>ONSITE:</b> 10/28-11/3/2023
MD, DO, DC, DOM	\$900.00	\$940.00	\$965.00
MD, DO, DC, DOM w/Tuition Remission	\$890.00	\$930.00	\$955.00
NP, PT, PA, Others	\$700.00	\$740.00	\$765.00
NP, PT, PA, Others w/Tuition Remission	\$690.00	\$730.00	\$755.00

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

# MANUAL RELEASE TECHNIQUES November 4-5, 2023

	<b>EARLY BIRD:</b> Before 10/12/2023	<b>REGULAR:</b> 10/13-27/2023	<b>ONSITE:</b> 10/28-11/5/2023
MD, DO, DC, DOM	\$850.00	\$890.00	\$915.00
MD, DO, DC, DOM w/Tuition Remission	\$840.00	\$880.00	\$905.00
NP, PT, PA, Others	\$650.00	\$690.00	\$715.00
NP, PT, PA, Others w/Tuition Remission	\$640.00	\$680.00	\$705.00

## REGISTRATION

Minimum and maximum registration numbers have been established for these courses. 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) 272-5166 to verify your attendance. Registration includes course materials, breakfasts, lunches and refreshment breaks each day. Please confirm your registration before making travel arrangements.

## HOW TO REGISTER

**Credit cards, Check or UNM PR:** <https://bit.ly/2023TM>

Checks should be made payable to the **UNM CPL**, include the attendees name and mailed to:

The University of New Mexico, Office for Continuous Professional Learning, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001.

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 paper registrations.**

**All registrations need to be completed online with the link above.**

### UNM Tuition Remission:

All eligible UNM faculty and staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. No refund or credit will be issued for non-attendance.

1. [Complete the conference registration form](#) and select you will be paying with UNM Tuition Remission.
2. If you need your supervisors approval to use your Tuition Remission you will need to upload a completed UNM [Tuition Remission form](#) with proper signatures to the online registration form.

## 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 19, 2023. 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.

## 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

### Home2 Suites by Hilton

1660 University Blvd. NE Albuquerque, NM 87102  
Phone: 505-242-0002

## SPECIAL ACCOMMODATIONS

Individuals 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.

## COVID PRECAUTIONS

The UNM Health & Health Sciences encourage activity participants to mask indoors. Continuous Professional Learning (CPL), the activity organizers do not conduct contact tracing and advice participants to follow the CDC guidelines for social interaction. [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html)