

Course details and program

Title of course: "Miofasciālas sāpes un disfunkcija: novērtēšana un terapija: B līmenis"
„*Myofascial Pain and Dysfunction: Assessment and Therapy: Level B*”

Parts of course:

Day I

- 9:00 – 10:00 Introduction to course and principles of treatment of myofascial pain. Trigger points and visceral symptoms.
- 10:00 – 11:00 Functional assessment of patient within the context of myofascial chains – perspective of functional anatomy.
- 11:00 – 13:00 Assessment of specific muscle in the context of myofascial chains (functional anatomy and kinesiology). Practical application, by applying the principles of reciprocal inhibition (RI), PIR. Specific muscles: Trapezius, Levator scapulae.
- 13:30 – 14:30 Lunch.
- 14:30 – 16:00 Assessment of specific muscle in the context of myofascial chains. Practical application, by applying the principles of reciprocal inhibition (RI), PIR. Specific muscles: Subscapularis, Diaphragm
- 16:00 – 16:10 Break
- 16:15 – 17:00 Assessment of specific muscle in the context of myofascial chains. Practical application, by applying the principles of reciprocal inhibition (RI), PIR. Specific muscles: Multifidus

Day II

- 9:00 – 10:45 Assessment of specific muscle in the context of myofascial chains. Practical application of reciprocal inhibition (RI), PIR. Specific muscles: Iliocostalis cervicis, thoracis, lumborum; Semispinalis capitis et cervicis.
- 11:00 – 12:30 Assessment of specific muscle in the context of myofascial chains. Practical application of reciprocal inhibition (RI), PIR. Specific muscles: Obturator internus et externus; Adductor longus brevis et magnus.
- 12:30 – 13:30 Lunch.
- 13:30 – 15:30 Assessment of specific muscle in the context of myofascial chains. Practical application of reciprocal inhibition (RI), PIR. Specific muscles: Piriformis, Tensor Fascia Latae
- 15:30 – 15:45 Break.
- 15:45 – 17:00 Assessment of specific muscle in the context of myofascial chains. Practical application of reciprocal inhibition (RI), PIR. Specific muscles: Masseter, Temporalis. Discussion.

Description:

The Course “**Myofascial Pain and Dysfunction: Assessment and Therapy: Level B**” is a comprehensive and practical course, which focuses on myofascial chains, kinesiological, biomechanical, neurological principles of human motion system, its application in assessment of patient and therapy.

Theory part will focus on the following themes:

- Examination of the patient by inspection – first impression, muscle imbalance and segmental instability.
- Link between trigger points and viscera – pathophysiology mechanism of viscerosomatic patterns and somato- visceral patterns. Visceral symptomatology and presentation.
- Tonic and phasic muscle system.
- Evaluation of trigger points chaining in the context of muscle chains - model of agonists, synergistic and antagonists muscles.

Practical part focuses on myofascial trigger points and pathological musculoskeletal changes related to trigger points. Trigger points affects proximal and distal musculoskeletal structures, affects muscle coordination, joint kinesiology, and biomechanics.

Practical part includes include techniques which inhibits trigger points through activation of reciprocal myofascial chain. Those techniques are using the principles of Reciprocal inhibition, The post-isometric relaxation (PIR) according to prof. K. Lewit, AEK (Agonic Eccentric Contraction) techniques according to the Brugger concept.

Sources

Books

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Reseaches

1. Arjun MV, Rajaseker S. **Association between subscapularis trigger point and frozen shoulder: A cross sectional study**. *J Bodyw Mov Ther*. 2021 Oct;28:406-410. doi: 10.1016/j.jbmt.2021.06.025. Epub 2021 Jun 17.
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9. Fulvio Dal Farra, Francesca Buffone, Roberta Giulia Risio, Andrea Gianmaria Tarantino, Luca Vismara, Andrea Bergna. **Effectiveness of osteopathic interventions in patients with non-specific neck pain: A systematic review and meta-analysis.** Complementary Therapies in Clinical Practice, Volume 49, 2022, 101655, ISSN 1744-3881, <https://doi.org/10.1016/j.ctcp.2022.101655>.
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