

César Fernández-de-las-Peñas PT, DO, MSc, PhD



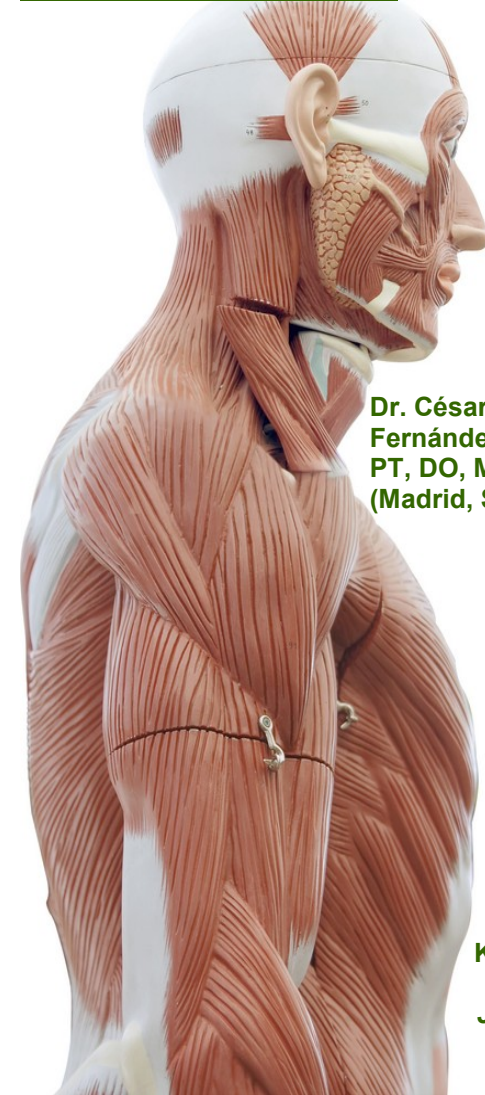
Dr. Fernández-de-las-Peñas received his Degree in Physical Therapy from Universidad Rey Juan Carlos, Spain in 2000. He received a Post-Graduate Diploma in Spinal Manipulative Therapy (6 years) and Osteopathy (DO) from the Scientific European Osteopathic Society in 2005-06. He also received a Post-Graduate Diploma in Myofascial Pain Syndrome from the Universidad Castilla-La-Mancha in 2003. He reached his first PhD degree in Biomedical Sciences in 2007 at the Sensory-Motor Interaction Centre (SMI) in Aalborg University (Denmark) under the supervision of Prof. Lars Arendt-Nielsen. He also finished a second PhD degree in 2008 at the Universidad Rey Juan Carlos. Dr. Fernández-de-las-Peñas currently works as clinical researcher and teacher at the Universidad Rey Juan Carlos since 2001 and he is the Head Division of the Pain Laboratory of the same University. He also works in private practice settings specialized in chronic pain from 2000 in Madrid, Spain. He began his physical therapy career in sport elite and rheumatology rehabilitation. In 2001 he began in an out-patient clinic focused on pain, particularly in fibromyalgia syndrome, neck and low back pain. He has published around 100 publications and he is the first author of approximately 85 of them. The most relevant topics of his research are focused on neck pain, headache, lateral epicondylalgia, carpal tunnel syndrome, fibromyalgia syndrome and neurophysiological effects of manual therapy. His clinical research is mainly concentrated on biomedical sciences within neuroscience. The specific research areas have been on pain and assessment of chronic pain. He has participated in 50 conferences with related published proceedings and has given several lectures at national and international meetings/workshops /seminars.

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**Dr. César
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Kansas City, MO

June 5 & 6, 2010

Management of Myofascial Pain syndrome caused by Muscle Trigger Points

- An Evidence Based & Clinical Reasoning Approach

An Evidence-Based Approach for the Management of Myofascial Pain syndrome caused by Muscle Trigger Points

Course Description

This hands-on 2-day (15 hr) course will provide participants with an Evidence Based Approach to the evaluation and treatment of patients presenting with myofascial pain syndrome in both the upper and lower quarters. It will include a comprehensive presentation on the most updated findings related to sensory and motor impairments related to the presence of muscle trigger points found from different researchers from USA (David G. Simons, Robert Gerwin), Denmark (Hong-You Ge) and Spain (César Fernández-delas-Peñas). These studies are demonstrating the complexity of muscle trigger points from a neurophysiological viewpoint. Muscle trigger points are capable of simulating symptoms of neck pain, whiplash, headache, lateral epicondylalgia, shoulder pain and carpal tunnel syndrome. New models including sensitization mechanisms and changes in the nociceptive system and descending inhibitory systems will be covered. It has been demonstrated the presence of cortical changes in the brainstem in patients with myofascial pain syndrome. The efficacy of manual therapies is excellent. Come and find out how muscle trigger points work and can be treated integrating the proper muscle input into the brainstem. You may have already read/heard about muscle trigger points but this course will bring all the elements together in a scientific way that will make anatomical, biomechanical, neurophysiological and, more importantly, clinically applicable sense. Learn how to explore and treat myofascial pain syndrome and trigger points with reperussion on the "pain neuromatrix" of the brainstem. The course will include a comprehensive resource material which is designed to encourage further self-directed study upon completion of the course.

Course Objectives

1. Track and critically appraise best evidence currently available on the clinical treatment of myofascial pain syndrome caused by muscle trigger points
2. Perform a proper and justified evaluation of patients presenting with myofascial pain syndrome in the lower and upper quarter of the body
3. Generate working hypotheses of patient's problem related to the presentation and the behavior of any pain condition in which myofascial pain syndrome can be involved
4. Plan optimal courses of treatment using manual therapy techniques for inactivating muscle trigger points within the principle of the "pain neuromatrix"
5. Demonstrate clinical applications of static and dynamic manual therapies targeted to muscle trigger points

Day 1

8:00 - 8:15
8:15 - 8:45.

8:45 - 9:15

9:15 - 10:15

10:15 - 10:30
10:30 - 11:30

11:30 - 12:00

12:00 - 1:00
1:00 - 2:00

2:00 - 3:00

3:00 - 3:15
3:15 - 4:00

4:00 - 5:00

Day 2

8:00 - 8:15
8:15 - 9:15

9:15 - 10:15

10:15 - 10:30
10:30 - 12:00

12:00 - 1:00
1:00 - 1:45

1:45 - 3:00

3:00 - 3:15
3:15 - 3:45

3:45 - 4:15

4:15 - 4:45
4:45 - 5:00

Course Layout

Welcome & Intro
The problem of muscle pain: The pain neuromatrix
Referred muscle pain: central or peripheral phenomenon?
Myofascial Pain Syndrome: Clinical presentation of trigger points: Evidence Break
Peripheral and central sensitization mechanisms of muscle trigger points
Lab: Manual exploration of trigger points: palpatory skills
Lunch
Lab: Identification of trigger points in the upper quarter: The neck
Lab: Identification of trigger points in the upper quarter: The shoulder
Break
Manual treatment of trigger points: An Evidence-Based Approach
Lab: Manual treatment of trigger points in the upper quarter: The neck

Review and Q
Lab: Manual treatment of trigger points in the upper quarter: The shoulder
Lab: Identification of trigger points in the upper quarter: The arm/forearm
Break
Lab: Manual treatment of trigger point in the upper quarter: arm/ forearm
Lunch
Lab: Identification of trigger points in the lower quarter: pelvic girdle
Lab: Manual treatment of trigger points in the lower quarter: pelvic girdle
Break
Lab: Identification and Manual treatment of trigger points in the lower quarter: the thigh
Neural tissues & myofascial pain syndrome: Evidence-Based Approach
Case studies
Summary and Questions

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Registration Information Cesar Trigger Points

Name: _____

Address: _____

Phone: _____

Fax: _____ **PT**

E-mail: _____

Myofascial and Trigger Points \$425

Payment: _____ Check #: _____

VISA

MASTERCARD

DISCOVER

Card Number: _____

Expiration: _____

3 digit security code: _____

Signature: _____

** If the credit card does not correspond to the above address, please provide the billing address

Cancellation policy:

If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course nor for cancellation any time after the course start date.

Institute Cancellation: If ISPI cancels the course due to unforeseen circumstances or if the minimum number of participants to hold the course is not met, full refunds will be awarded to registered participants. If, while the course is in progress, the course is interrupted by an "act of God" or other unforeseen circumstances, no refunds will be issued. ISPI is not responsible for any costs incurred by course participant in the event of an institute cancellation, including airline tickets.

Hotel, Travel and Confirmation:

ISPI will mail out official confirmation notices. Please do not make any travel or accommodation arrangements until you receive your confirmation