

## Soft Tissue Pain of the Upper Quadrant Myofascial Management Strategies

### Course overview and description:

Myofascial pain is a poorly understood and inconsistently addressed syndrome that affects millions of people. As there are conflicting definitions of the problem, there are differing treatment philosophies employed for management of these. This webinar will establish a working definition for these disorders. Neurological and musculoskeletal causes for these disorders are presented and related to relevant clinical presentations. Common pain sites and referral patterns will be presented and options for intervention will be explored

### Objectives. The participant will:

1. Identify the causes of peripheral and central sensitization.
2. Identify muscle pathology resulting in trigger point development with resultant pain and loss of function.
3. Identify useful examination techniques to adequately assess and plan treatment for common pain patterns of the shoulder, elbow, wrist and hand.
4. Identify and present the state of evidence to support this area of practice.
5. Identify appropriate treatment interventions including soft tissue release and therapeutic exercises used to address myofascial pain of the shoulder girdle.

### Friday Night

Lecture: 60 minutes.

Muscle physiology, myofascial pain development, peripheral and central sensitization.

### Saturday:

8-10 Principles of assessment, palpation and intervention techniques

### Lab session 1

Referral patterns, release and exercise technique

Scalene : Anterior, Middle  
Sternocleidomastoid  
Upper Trapezius  
Middle Trapezius  
Rhomboid

Serratus Posterior Superior  
Lower Trapezius  
Latissimus Dorsi  
Pectoralis Major and Minor

10-10:15 Lab Break

Lab session 2

Triceps  
Biceps  
Pronator Teres  
Flexor Carpi Radialis  
Flexor Carpi Ulnaris  
Brachioradialis  
Supinator  
Extensor Carpi Radialis Longus  
Extensor Carpi Radialis Brevis  
Extensor Digitorum  
Adductor Pollicis  
First Dorsal Interosseous

12:00 Questions and Adjourn