

Manual Trigger Point Therapy



About the Course

The Manual Trigger Point Therapy courses (MTT-1 and MTT-2) will provide demonstrations and practical hands-on training using a selection of appropriate manual therapies found to be highly effective in treating myofascial trigger points.

The courses are designed for licensed healthcare professionals using manual techniques to reduce pain and dysfunction, especially licensed massage therapists (LMT) and branches of that profession, physical therapists (PT) and physical therapy assistants (PTA).

MTT-1

The MTT-1 course features an introduction to the history of trigger points and myofascial pain. Theory components feature the clinical aspects of myofascial pain, peripheral and central sensitization, the etiology and scientific basis of myofascial pain, and manual trigger point therapy. Many muscles commonly encountered in clinical practice will be addressed, including muscles that Czech Neurophysiologist Vladimir Janda considered as 'tonic' or 'postural' muscles. The following muscles tend towards shortening and tightening: the trapezius, levator scapula, pectoralis major and minor, subclavius, sternalis, posterior neck muscles, sub-occipital muscles, coracobrachialis, pronator teres, flexor carpi radialis and ulnaris, palmaris longus, flexor digitorum superficialis and profundus, pronator quadratus, sternocleidomastoid, scalenii, latissimus dorsi, teres major, serratus posterior inferior, quadratus lumborum, iliacus and psoas, tensor fascia lata, sartorius, quadriceps, hamstrings, gastrocnemius, soleus, plantaris, and popliteus muscles, among others. Students will review the anatomy, function, and manual therapy techniques for each muscle.

MTT-2

The MTT-2 course will build on the information learned in MTT-1. Many muscles, including muscles that Czech neurophysiologist Vladimir Janda considered as 'phasic' muscles, and those in Andre Vleeming's sling mechanisms: infraspinatus, supraspinatus, teres minor, subscapularis, rhomboids and serratus posterior superior, the erector spinae, serratus anterior, deltoid, triceps and anconeus, biceps, brachialis, brachioradialis, wrist and finger extensors, supinator, several hand muscles, the abdominal muscles, diaphragm, intercostals, levator costarum, the gluteal muscles and deep rotators, gracilis, and the adductor magnus, longus and brevis muscles, pectineus, obturator externus. MTT certification is provided upon successful completion of both courses.



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myopainseminars.com | info@myopainseminars.com

855.209.1832 | 240.396.6946 | 301.656.0664 (fax)