

Trigger Point Therapy in WRMSD

Post-conference Workshop

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Faculty:

Roland Gautschi

Introduction Pain can have various causes. Myofascial disorders (trigger points and fascia dysfunction) often play a central role.

This workshop focuses on Work-Related Musculoskeletal Disorders (WRMSD) of the upper limb, neck and back. We will have time to examine and differentiate the relevant myofascial, articular, and neural structures using screening tests and palpation. We explore how to diagnose myofascial trigger points (MTrPs) using clinical diagnostic criteria.

The treatment of MTrPs and fascia disorders will follow the Swiss Approach to trigger point therapy: MTrPs and fascia are treated using 4 manual techniques in a targeted and differentiated manner. These hands-on measures are supplemented by hands-off measures to reduce perpetuating factors through stretching, functional training, and patient education.

Topics Covered **Theory**

- Clinical patterns of MTrPs (pain and dysfunction)
- Clinical Reasoning for Patients with Pain in the upper half of the Body
- Topographical and functional anatomy of shoulder, neck and back
- Differential Diagnosis
- Swiss Approach: treatment of MTrPs and fascia with four targeted and differentiated manual techniques
- Therapeutic strategies for patients with chronic pain

The course will focus on practice.

- Diagnostics: screening tests for shoulder, neck, and back pain
- Anatomy in vivo: Palpation (trigger points and fascia) of the myofascial structures relevant for pain in the upper half of the body
- Swiss Approach: therapy of MTrPs with four manual techniques
- Stretching and functional training of the myofascial structures

Learning Objectives

- Improving the clinical reasoning process for patients with pain in the upper half of the body
- Deepening the knowledge of the muscles relevant to pain in the upper half of the body
- Swiss Approach: Learn how to treat MTrPs and fascia disorders using 4 manual techniques
- Combining hands-on and hands-off measures in the treatment of chronic myofascial pain and dysfunction
- The significance of perpetuating factors
- Recognising the importance of MTrPs in their relationship to pain and dysfunction (motor control disorders and fascia disorders)
- Training of tactile skills
- Advancement in the quality of manual treatment
- Exchange of experiences

About Our Speakers:

Roland U. Gautschi

Roland Gautschi is a Physiotherapist and Senior Instructor for Myofascial Trigger Point Therapy IMTT®. He specialised in the treatment of patients with chronic pain. He is one of the trigger point experts in Europe and the author of the textbook Manual Trigger Point Therapy (Thieme, 4th ed. 2023, engl. ed. 2019). After studying Linguistics and Geography, he has been involved in bodywork for over 30 years. He works as a physiotherapist in Baden, Switzerland and shares his knowledge as a senior instructor for myofascial trigger point therapy IMTT® and Dry Needling.