

## Workshop - 27 June - Jay P. Shah, MD

### New Frontiers in the Matrix of Neuro-musculoskeletal Pain: Integrating Pain Mechanisms with Objective Physical Findings and Needling Strategies

#### Program Outline:

- 8:00 – 8:30 Opening Remarks, Background and Introductions
- 8:30 – 9:15 The Dynamic Role of Sensitization in Neuro-musculoskeletal Pain: *Enter the Matrix*
- 9:15 – 9:30 Break
- 9:30 – 10:30 The Unique Neurobiology of Muscle Pain
- 10:30 – 11:00 *In-Vivo* Microdialysis – Uncovering the Biochemical Milieu of Myofascial Trigger Points
- 11:00 – 11:30 Hands-On: Palpation Techniques for Common Myofascial Trigger Points  
Live demonstration and audience participation of examination techniques
- 11:30 – 12:00 Lunch
- 12:00 – 12:30 Spinal Facilitation, Somatovisceral/Viscerosomatic Reflexes and Neuro-musculoskeletal Pain
- 12:30 – 12:45 Clinical Diagnosis of a Sensitized Segment Using Surface Anatomy and Palpation: Relevance for Chronic Myofascial Pain
- 12:45 – 1:15 Getting to the “Point”: Acupuncture, Trigger Points and Myofascial Pain
- 1:15 – 2:00 Hands-On: Palpation Techniques and Use of Pain Diagnostic Instruments  
Live demonstration and audience participation of examination techniques
- 2:00 – 2:15 Break
- 2:15 – 2:45 Chronic Pain, Tenderness and Fibromyalgia: What’s the “Point”?
- 2:45 – 3:15 Novel Applications of Ultrasound Technology to Visualize and Characterize Myofascial Trigger Points and Surrounding Soft Tissue
- 3:15 – 3:45 Dry Needling and Other Physical Medicine Approaches for *Desensitizing* the Sensitized Segment: Neuromodulating the Pain Matrix
- 3:45 - 5:00 Hands-On: Needling Techniques and Physical Medicine Modalities  
Live demonstration and audience participation of examination and treatment techniques