

Janet G. Travell, MD  
SEMINAR SERIES

Myofascial Pain Syndrome  
Course Program  
2007–2008

**NEW**  
Certification  
Examinations

*myopain seminars*

# Janet G. Travell, MD

## SEMINAR SERIES



The seminar series is named in honor of Janet G. Travell, MD (1901-1997), a pioneer and guiding light in the study and understanding of the contribution of muscle trigger points to acute and chronic pain syndromes. Dr. Travell has been our teacher and mentor, and we are pleased that she has permitted us to recognize her achievements by naming this series of workshops and seminar programs in her honor.

In 1998, Dr. Travell's daughters, Virginia Street and Janet Pinci, donated their mother's medical and personal papers, books, and some photographs and artifacts to the George Washington University in Washington, DC, under the administration of G. David Anderson, C.A., University Archivist. The Collection is open for study and research at the Melvin Gelman Library. Please visit <http://www.gwu.edu/gelman/archives/collections/travell.html> for more information.

The diagnosis and management of myofascial pain syndrome that we practice owes much to our teachers and to other clinicians and researchers who have worked diligently in this field for years. We are especially indebted to Dr. Janet G. Travell (1901-1997) and Dr. David Simons. Our methodology has also been influenced by the work of Drs. Peter Baldry, Beat Dejung, Andrew Fischer, Christian Gröbli, Chan Gunn, Vladimir Janda, Karol Lewit, and Siegfried Mense, among others.

David G. Simons, MD, co-author and writer of the two-volume *Myofascial Pain and Dysfunction: The Trigger Point Manual* wholeheartedly endorses the *Janet G. Travell, MD Seminar Series*<sup>SM</sup>.

# Myofascial Pain Syndrome Course Program 2007-2008

## Listing by Course

All courses take place in Bethesda, Maryland  
(a suburb of Washington, DC)

- 
- MPS 1**     **Foundations of Trigger Point Examination and Treatment**  
October 12-14, 2007, December 7-9, 2007, March 7-9, 2008
- 
- MPS 2**     **Head, Face, Neck, and Shoulder Pain**  
November 2-4, 2007, March 7-9, 2008
- 
- MPS 3**     **Low Back and Pelvic Pain**  
December 7-9, 2007, April 4-6, 2008
- 
- MPS 4**     **Extremity Pain**  
January 11-13, 2008
- 
- MPS 5**     **Trigger Point Needling**  
May 14-18, 2008
- 
- MPS 6b**    **Review and Certification**  
June 6-7 (8), 2008
-

# Myofascial Pain Syndrome Course Program 2007-2008

## Listing by Date

All courses take place in Bethesda, Maryland  
(a suburb of Washington, DC)

---

### October 2007

12-14     **MPS 1 – Foundations of  
Trigger Point Examination  
and Treatment**

---

### November 2007

2-4     **MPS 2 – Head, Face, Neck,  
and Shoulder Pain**

---

### December 2007

7-9     **MPS 1 – Foundations of  
Trigger Point Examination  
and Treatment**

7-9     **MPS 3 – Low Back and  
Pelvic Pain**

---

### January 2008

11-13     **MPS 4 – Extremity Pain**

---

### March 2008

3-7     **MPS 1 – Foundations of  
Trigger Point Examination  
and Treatment**

3-7     **MPS 2 – Head, Face, Neck,  
and Shoulder Pain**

---

### April 2008

9-10     **MPS 3 – Low Back and  
Pelvic Pain**

---

### May 2008

14-18     **MPS 5 – Trigger Point  
Needling**

---

### June 2008

6-7 (8)     **MPS 6b –  
Review and Certification**

---

## Program Directors

### Jan Dommerholt, PT, MPS, FAAPM,



is a Dutch-trained physical therapist who completed a Master of Professional Studies with a concentration in biomechanical trauma. He is a doctoral candidate at the University of St. Augustine for

Health Sciences.

Mr. Dommerholt is a Fellow of the American Academy of Pain Management and a member of many other medical and physical therapy professional organizations. He is a recognized expert in the physical therapy diagnosis and treatment of persons with myofascial pain syndrome and chronic pain syndromes. He has also specialized in the diagnosis and treatment of musicians with musculoskeletal problems, and of persons with craniomandibular dysfunction. He has studied physical therapy approaches for persons with craniomandibular pain with Dr. Mariano Rocabado in Santiago, Chile. Mr. Dommerholt has studied dry needling techniques in Europe, the United States, and Canada and has incorporated these techniques into his manual therapy practice.

He has authored many chapters and articles on myofascial pain, fibromyalgia, complex regional pain syndrome, and performing arts physical therapy. Together with Dr. David Simons, he authors a literature review column on myofascial pain syndrome for the *Journal of Musculoskeletal Pain*. Mr. Dommerholt has taught many courses and lectured at conferences

throughout the United States, Europe, South America, and the Middle East while maintaining an active clinical practice. He is on the editorial board of the *Journal of Musculoskeletal Pain* and the *Journal of Bodywork and Movement Therapies* and the *Journal of Manual and Manipulative Therapy*.

### Robert Gerwin, MD, FAAN, is on the part-time faculty of Johns Hopkins



University School of Medicine and is an attending physician at the Johns Hopkins Pain Treatment Center. Prior to entering private practice, he completed a fellowship at the National Institutes of Health

and served in the Medical Corps of the United States Air Force.

Dr. Gerwin has worked with the late Dr. Janet Travell, who developed the concepts and management approach of myofascial pain. He has been refining the techniques of trigger point injection and dry needling for over two decades. He is one of the editors of the well received medical text book “Clinical Mastery in the Treatment of Myofascial Pain” published by Lippincott, Williams & Wilkins. He has written many chapters and articles, and he has lectured worldwide on the topics of the etiology, nature, and management of musculoskeletal and chronic pain syndromes.

Dr. Gerwin has developed a teaching video series “An integrated Management of Myofascial Pain”, published by Lippincott,

# Faculty

Williams & Wilkins. He has contributed to the 2nd edition of Simons, Travell and Simons' *Myofascial Pain and Dysfunction: The Trigger Point Manual, vol. I*. He is collaborating with his colleagues on a new book about the clinical aspects of myofascial pain management.

Dr. Gerwin was on the American Pain Society committee to develop guidelines for the treatment of fibromyalgia. He is on the editorial board of the *Journal of Musculoskeletal Pain*. He is a Fellow of the American Academy of Neurology, and a Diplomate of the American Academy of Pain Management, from which he received the prestigious Janet G. Travell, MD Soft Tissue Management Award in 1994. Dr. Gerwin is certified in pain management by the American Academy of Pain Medicine.

## Additional Faculty

(not all faculty listed here will necessarily teach at each workshop).

**Tamer S. Issa, PT, DPT** is a Dutch-trained physical therapist. He received his degree



in Physiotherapie from the Hogeschool Enschede in the Netherlands and his Bachelor of Science degree in Exercise and Sport Science from Pennsylvania State University.

Dr. Issa earned his Doctorate in Physical Therapy from the University of St. Augustine for Health Sciences.

He has advanced training in the field of craniomandibular dysfunction with Dr. Mariano Rocabado through the University of St. Augustine Continuing Education Department. Dr. Issa has specialized in the physical therapy management of persons with acute and chronic pain and dysfunction. He maintains a busy clinical practice where he uses an integrated approach of manual therapy, dry needling, and functional exercise training. Dr. Issa recently co-authored a book chapter on the differential diagnosis of fibromyalgia. Dr. Issa is one of the main instructors for the MPS I – Foundations Course.

**Steven Shannon, MD, FAAPM&R, FAAEM** is a board-certified physiatrist and a Fellow of the American Academy of Physical Medicine and Rehabilitation. He is certified by the American Board of Electrodiagnostic Medicine and by the American Academy of Pain Medicine.



Dr. Shannon is a Fellow of the American Academy of Electrodiagnostic Medicine. He completed twenty years of medical practice in the U.S. Army before joining Pain & Rehabilitation Medicine in Bethesda in 2003. His last position was as the Director of the PM&R EMG Laboratory at Walter Reed Army Medical Center (1995-2003). He has been chief of the Department of Physical Medicine and Rehabilitation at WRAMC and served as faculty in the PM&R Residency

# Faculty

Training Program there, and is on the faculty of the Uniformed Services University School of Medicine. Dr. Shannon specializes in the treatment of chronic pain, with a special interest in musculoskeletal pain. He has done research with Dr. Robert Gerwin and with Dr. David Hubbard in the area of myofascial pain. He has additional certification in Medical Acupuncture, which he has integrated in the management of patients with unusual pain syndromes. Dr. Shannon is a member of multiple national and international medical societies and organizations.

**Marwan Khayat, PT** completed his Bachelor's degree in Physical Therapy at Tel Aviv University in Israel. In addition, he completed a one-year program of continuing medical education in the field of Sports Medicine at the Sackler School of Medicine in Tel Aviv University. Mr. Khayat has attended several courses in the field of sports medicine back in Israel and in the United States. Mr. Khayat has extensive knowledge in the diagnosis and treatment of people with myofascial and chronic pain syndromes. He has completed the Myopain Seminars course program and is certified by the National Training Centre/Myopain Seminars in the technique of trigger point dry needling. Marwan also serves as an examiner for the dry needling certification exam and he assists in teaching the dry needling courses.



Mr. Khayat has attended several courses in the field of craniomandibular and facial pain/dysfunction taught by Dr. Mariano Rocabado. Finally, he is a Certified Kinesio Taping Practitioner [CKTP] and a member of the Kinesio Taping Association. Currently, Marwan is seeking his Corrective Exercise Specialist (CES) certificate.

Mr. Khayat has in-depth experience working with fitness and rehabilitation populations. He derives much of his rehabilitation skill from the art of martial arts which makes many "old fashioned" exercises more appealing and fun to do.

Outside the office, he is an assistant Soccer coach and a dedicated practitioner in the art of Kempo Karate. Marwan is also fluent in Arabic and Hebrew and would be happy to teach you some words during your meetings. Marwan resides with his wife in Washington, DC.

## Foundations of Trigger Point Examination and Treatment

### PROGRAM OVERVIEW

Myofascial pain syndromes (MPS) affect muscles, joints and skeletal structures, leading to pain, loss of function and movement impairments. The myofascial trigger point, the characteristic and diagnostic feature of MPS, is the physical entity by which MPS is identified. Treatment involves inactivating myofascial trigger points, correcting biomechanical and postural dysfunction, and restoring normal movement patterns. This three-day workshop is presented to teach the techniques of trigger point identification, effective manual techniques of inactivation of trigger points, and restoration of function. Each teaching block consists of an introductory lecture and demonstration, followed by supervised hands-on practice in small groups. This is a training program with immediate clinical applicability upon completion. The MPS I course is a prerequisite course for all other *Janet G. Travell, MD Seminar Series<sup>SM</sup>* courses.



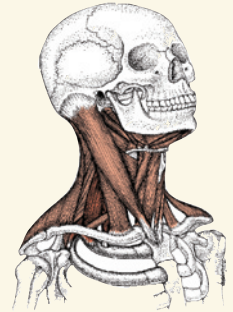
### PREREQUISITES:

None.

### COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Relate the neurophysiology of myofascial pain to the treatment of myofascial pain syndrome and to the clinical features of tenderness, referred pain, and limited movement;
- Identify select muscles of the body by surface anatomy and by function;
- Identify the features of the trigger point by physical examination and apply this knowledge to individual muscles in different regions of the body;
- Perform muscle and region-specific manual therapy treatments to inactivate myofascial trigger points and restore movement patterns and posture, integrating various treatment techniques including post-isometric contraction-relaxation, muscle specific stretching, postural corrections, and manual trigger point therapy.





# Foundations of Trigger Point Examination and Treatment



*“Excellent course! Definitely adds a whole new dimension to treating patients with myofascial pain. It closes the loop for me treating patients with myofascial pain conditions. Highly recommended for experienced and novice physical therapists.”*

Eric Wijtmans, PT, MTC  
Virginia Beach, VA

## SCHEDULE

(The actual times may vary with each program at the discretion of the instructors.)

Coffee breaks provided, meals on your own

### Day One – 8:00 am - 5:30 pm

(registration 8:00 am - 8:30 am)

- Introduction to myofascial pain syndrome (MPS)
- Principles of assessment and treatment
- Head, neck, and shoulder pain and dysfunction

### Day Two – 8:00 am - 5:30 pm

- Neurophysiology and scientific basis of MPS and trigger point therapy
- Shoulder, arm, and hand pain and dysfunction
- Low back, pelvis, and hip pain and dysfunction

### Day Three – 8:00 am - 12:00 noon

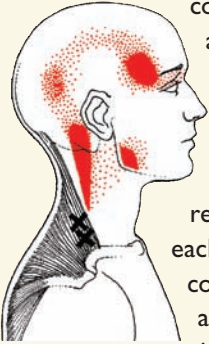
- Current scientific knowledge base of the sensory aspects of MPS
- Lower extremity pain and dysfunction

## Head, Face, Neck and Shoulder Pain

### PROGRAM OVERVIEW

This three-day workshop is designed to present an integrated approach to the diagnosis and management of head, face, neck, and shoulder pain problems.

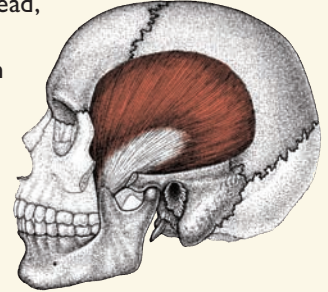
The course will emphasize myofascial contributions to pain and dysfunction. The workshop will review the functional anatomy and myofascial trigger point referred pain patterns for each muscle presented. The contributions of the TMJ and cervical spine will be highlighted. Specific pathologies covered in the workshop include headaches, neck pain and whiplash, craniomandibular dysfunction, frozen shoulder and impingement syndrome. The course combines lectures and hands-on labs under the direction of skilled tutors. This is a training program with immediate clinical applicability upon completion.



### COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Identify relevant muscles of the head, face, neck, and shoulder by surface anatomy and by function;
- Demonstrate the anatomic and physiologic characteristics of the myofascial trigger point and identify it by palpation;
- Relate craniomandibular and cervical spine dysfunction to pain syndromes of the head and neck, and understand how they are treated;
- Diagnose and treat persons with headaches, head, neck, and shoulder pain using manual trigger point therapy techniques.



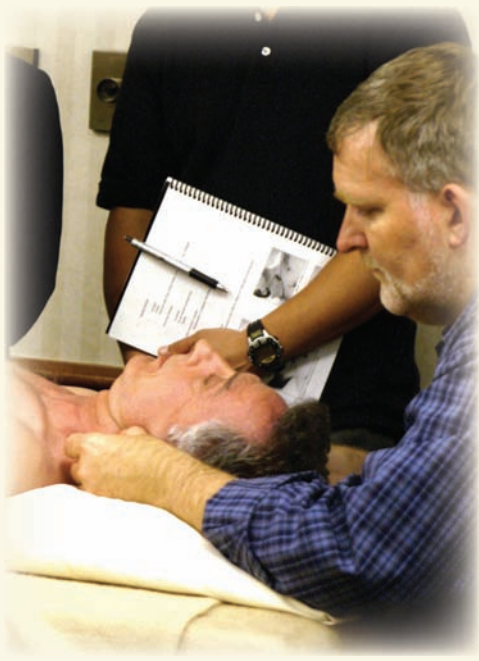
### PREREQUISITES:

MPS I or equivalent, including the University of New Mexico - Albuquerque workshops by Ben Daitz, MD and Lucy Whyte-Ferguson, DC; or the Hands-on Seminars workshop "An Intensive Training On Trigger Point, MyoFascial & Proprioceptive Training."

## Head, Face, Neck and Shoulder Pain

*“Wonderful course series!  
I’m excited to take back with  
me several new treatment  
techniques which I can employ  
on Monday. The instructors  
were approachable and  
knowledgeable and seemed  
genuinely interested in my  
learning.”*

Kim Watts, MPT  
Roanoke, VA



### SCHEDULE

(The actual times may vary with each program at the discretion of the instructors.)

Coffee breaks provided, meals on your own

---

#### Day One – 8:00 am - 5:30 pm

(registration 8:00 am - 8:30 am)

- Review of myofascial pain syndrome (MPS)
- Diagnosis and management of common headache problems
- Craniomandibular muscles and the temporomandibular joint

---

#### Day Two – 8:00 am - 5:30 pm

- Diagnosis and management of cervical spine dysfunction
- Diagnosis and management of whiplash injuries
- Forward head posture

---

#### Day Three – 8:00 am - 12:00 noon

- Diagnosis and management of rotator cuff dysfunction
  - Posture Training
-

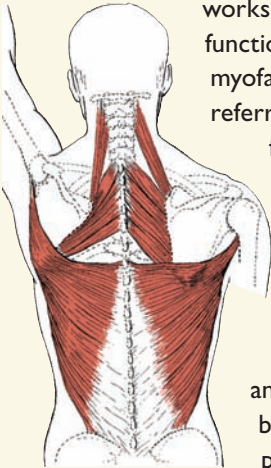
## Low Back and Pelvic Pain

### PROGRAM OVERVIEW

This three-day workshop is designed to present an integrated approach to the diagnosis and management of low back and pelvic pain problems. The course will emphasize myofascial contributions to

pain and dysfunction. The workshop will review the functional anatomy and myofascial trigger point referred pain patterns for each muscle presented.

Specific pathologies covered in the workshop include acute and chronic low back pain, pelvic pain syndromes,



piriformis syndrome, sacro-iliac dysfunction, and abdominal pain problems, among others. Attention will be paid to viscerosomatic pain syndromes in the pelvic region. The workshop includes the principles of dynamic vertebral stabilization concepts. The course combines lectures and hands-on labs under the direction of skilled tutors. This is a training program with immediate clinical applicability upon completion.

### PREREQUISITES:

MPS I or equivalent, including the University of New Mexico - Albuquerque workshops by Ben Daitz, MD and Lucy Whyte-Ferguson, DC; or the Hands-on Seminars workshop "An Intensive Training On Trigger Point, MyoFascial & Proprioceptive Training."



# Low Back and Pelvic Pain

## COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Identify the muscles of the low back, pelvic region, and hips by surface anatomy and by function;
- Demonstrate the anatomic and physiologic characteristics of the myofascial trigger point and identify it by palpation;
- Understand the relationships between the lumbar spine and sacro-iliac dysfunction;
- Understand and treat pelvic region viscerosomatic pain syndromes;
- Diagnose and treat persons with low back and pelvic pain using manual trigger point therapy techniques.

*“Great course, great education. The Travell Seminars Series sets the standard. Worth traveling from Ireland....”*

Johnson McEvoy, PT  
Casteletroy, Ireland

## SCHEDULE

*(The actual times may vary with each program at the discretion of the instructors.)*

Coffee breaks provided, meals on your own

### Day One – 8:00 am - 5:30 pm

(registration 8:00 am - 8:30 am)

- Review of myofascial pain syndrome (MPS)
- Diagnosis and management of common low back problems
- Diagnosis and management of piriformis syndrome

### Day Two – 8:00 am - 5:30 pm

- Diagnosis and management of pelvic floor dysfunction
- Viscerosomatic relationships
- Introduction to sacro-iliac dysfunction
- Principles and therapeutic application of dynamic vertebral stabilization

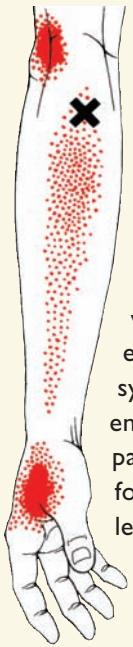
### Day Three – 8:00 am - 12:00 noon

- Pelvic Floor Examination
- Continence
- Low back and hip muscle dysfunction

## Extremity Pain

### PROGRAM OVERVIEW

This three-day workshop is designed to present an integrated approach to the diagnosis and management of both upper and lower extremity pain problems.



The course will emphasize myofascial contributions to pain and dysfunction. The workshop will review the functional anatomy and myofascial trigger point referred pain patterns for each muscle presented. Specific pathologies covered in the workshop include epicondylitis/epicondylalgia, carpal tunnel syndrome and other nerve entrapment syndromes, knee pain, and wrist/hand and ankle/foot pain. The course combines lectures and hands-on labs under the direction of skilled tutors.

This is a training program with immediate clinical applicability upon completion.

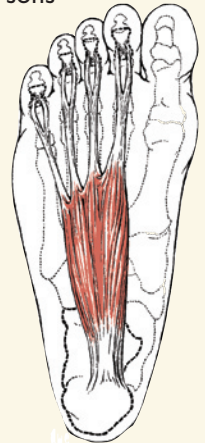
### PREREQUISITES:

MPS I or equivalent, including the University of New Mexico - Albuquerque workshops by Ben Daitz, MD and Lucy Whyte-Ferguson, DC; or the Hands-on Seminars workshop “An Intensive Training On Trigger Point, MyoFascial & Proprioceptive Training.”

### COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Identify the muscles of the upper and lower extremities by surface anatomy and by function;
- Demonstrate the anatomic and physiologic characteristics of the myofascial trigger point and identify it by palpation;
- Understand the nature of nerve entrapment syndromes of the upper and lower extremities;
- Diagnose and treat persons with upper and lower extremity pain using manual trigger point therapy techniques.



## Extremity Pain



*“Well organized, systematic instruction of myofascial pain. I felt it really increased my palpation skills and now I have a new tool to use in treating muscle dysfunction.”*

Lori Hawkins, PT  
Raleigh, NC

### SCHEDULE

*(The actual times may vary with each program at the discretion of the instructors.)*

Coffee breaks provided, meals on your own

#### Day One – 8:00 am - 5:30 pm

(registration 8:00 am - 8:30 am)

- Review of myofascial pain syndrome (MPS)
- Diagnosis and management of arm and elbow pain problems, including epicondylitis/epicondylalgia
- Diagnosis and management of forearm and wrist pain problems, including carpal tunnel syndrome

#### Day Two – 8:00 am - 5:30 pm

- Diagnosis and management of wrist and hand pain problems
- Diagnosis and management of thigh and knee pain problems

#### Day Three – 8:00 am - 12:00 noon

- Diagnosis and management of ankle and foot pain problems

*Note: The diagnosis and management of shoulder pain and dysfunction is included in the MPS 2-Head, Face, Neck, and Shoulder Pain course and will not be included in this course.*

## Trigger Point Needling

### PROGRAM OVERVIEW

This five-day workshop will prepare clinicians to treat myofascial trigger points by dry needling (intramuscular trigger point stimulation) or by injection of local anesthetic drugs. Participants will learn various dry needling techniques using solid acupuncture needles. Course attendees will practice on each other under the direction of skilled tutors. Relevant anatomy, palpation techniques and manual treatment options will only be reviewed briefly in this course. This is a training program with immediate clinical applicability upon completion.

### PREREQUISITES:

To be eligible for the MPS 5 – Trigger Point Needling course, participants must have completed MPS 1, MPS 2, MPS 3, and MPS 4.

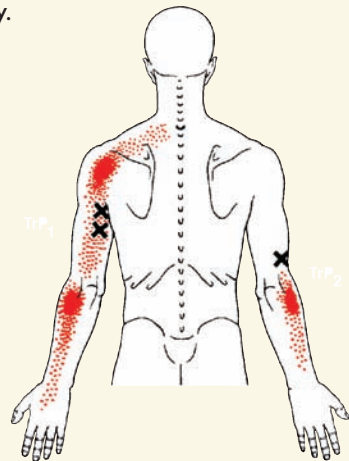
### ELIGIBILITY REQUIREMENTS:

Participants licensed to perform injection or dry needling therapy are eligible to take this course. This includes all allopathic, osteopathic, naturopathic, and podiatric physicians, physician assistants, nurses and nurse practitioners, and licensed acupuncturists. Physical therapists practicing in Colorado, Georgia, Kentucky, New Hampshire, New Mexico, Maryland, South Carolina, and Virginia (at date of printing), or those physical therapists

*“Dry needling has changed my physical therapy practice. I use it a lot. The technique is great!”*

Anne Haile, PT  
Arnold, MD

practicing in foreign countries where dry needling is considered within the scope of physical therapy practice are also eligible. All participants must provide proof of adequate malpractice insurance. All participants are expected to participate in the hands-on portion of the course. By registering for this course, participants agree to practice the various needling techniques on each other. Prior to the course, all participants must sign a waiver absolving the *Janet G. Travell, MD Seminar Series<sup>SM</sup>*, the program directors and the instructors of any liability in the event of injury.





# Trigger Point Needling

## COURSE OBJECTIVES

Upon completion of the course, participants will be able to:

- Discuss the indications and contraindications to needling and injection therapy;
- Discuss the possible complications of needling and injection therapy;
- Discuss the pharmacology of the different drugs and biologicals used in injection therapy\*;
- Diagnose and treat persons with myofascial pain syndrome using dry needling techniques.

\* *Note: all drugs used in the treatment of myofascial pain syndromes, including local anesthetics and biological toxins, are used “off-label” and are not approved by the Food and Drug Administration for the treatment of myofascial pain syndromes.*



## SCHEDULE

*(The actual times may vary with each program at the discretion of the instructors.)*

Coffee breaks provided, meals on your own

### Day One – 8:00 am - 5:30 pm

(registration 8:00 am - 8:30 am)

- Introduction of invasive trigger point inactivation
- Indications for trigger point needling
- Complication of trigger point needling
- Trigger point needling of the shoulder muscles

### Day Two – 8:00 am - 5:30 pm

- Trigger point needling of the arm muscles
- Trigger point needling of the hand muscles

### Day Three – 8:00 am - 5:30 pm

- Introduction to other needling approaches
- Scientific update on trigger point needling
- Trigger point needling of the craniomandibular muscles
- Trigger point needling of the paraspinal muscles

*Continued, next page*

## Trigger Point Needling

### SCHEDULE, cont'd

---

#### Day Four – 8:00 am - 5:30 pm

- Trigger point needling of the low back muscles
- Trigger point needling of the pelvic muscles
- Trigger point needling of the thigh muscles

---

#### Day Five – 8:00 am - 12:00 noon

- Trigger point needling of the leg muscles
  - Trigger point needling of the foot muscles
-

## Review and Certification Examination

### PROGRAM OVERVIEW

The successful completion of a Certification Course with written and practical examinations distinguishes the advanced practitioner from general practitioners. Certification in Trigger Point Therapy (with or without needling) is a rewarding conclusion of the entire course program. The Janet G. Travell, MD Seminar Series offers two certification programs:

The MPS 6a – Manual Trigger Point Therapy Certification is the final step for those clinicians who have completed MPS I – 4 and who are not eligible for MPS 5.

The MPS 6b – Manual Trigger Point Therapy and Needling Certification is geared toward those clinicians who have completed MPS I – 5.

The certification process for both tracks is similar and involves a one-day review course followed by a 2-hour multiple choice examination and two 25-minute practical examinations for the Manual Trigger Point Therapy Certification. The Manual Trigger Point and Needling Certification features two additional 25-minute practical examinations in trigger point needling. The practical examinations will be monitored by a team of internationally known examiners in addition to faculty of the Janet G. Travell, MD Seminar Series.

The results of the certification examinations are confidential. Participants have to successfully complete all components of the certification process. Those participants who do not complete all components successfully are allowed to re-test individual components.



## Review and Certification Examination

### SCHEDULE

(The actual times may vary with each program at the discretion of the instructors.)

Coffee breaks provided, meals on your own

---

#### Day One — 8:00 am - 5:30 pm

(registration 8:00 am - 8:30 am)

For both Certification tracks:

- Review of Principles of Manual Trigger Point Therapy
- Review of head/face/neck/shoulder pain
- Review of low back and pelvic pain
- Review of extremity pain
- Scientific updates

For Trigger Point Needling track:

- Review of trigger point needling

---

#### Day Two — 8:00 am - 5:30 pm

(registration 8:00 am - 8:30 am)

- Theoretical Examinations
- Practical Examination Manual Trigger Point Therapy
- Practical Examination Trigger Point Needling

*“The Janet G. Travell, MD Seminar Series are the most thorough and well-designed seminars I have been to. The program completely takes the practitioner from beginner to advanced, through the steps necessary to handle myofascial pain syndrome.”*

James Craine, DC  
North Wales, PA

*“Since learning the needling techniques, I have been able to open a private practice with a colleague. At least 80 percent of the clients I work with are coming to me specifically for the trigger point release techniques with and without the needles! I have to say that your conference was the most valuable conference I have taken in my 20 years of practice in terms of the benefits to my clients.”*

Belinda Decker, PT  
Claremont, NH

## General Information

### Eligibility and Requirements

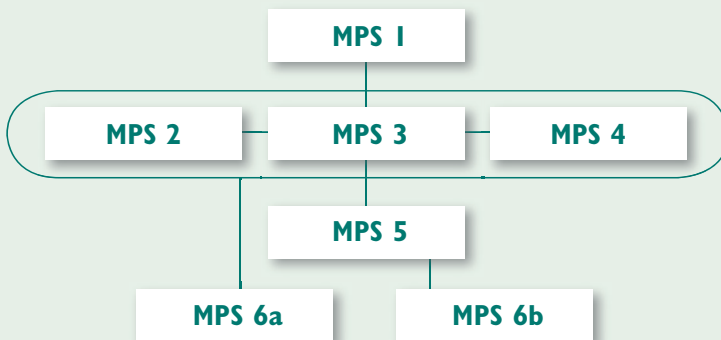
The workshops are designed for licensed practitioners, including physicians and physician assistants, dentists, physical therapists and physical therapy assistants, chiropractors, occupational therapists and occupational therapy assistants, massage therapists, acupuncturists, nurses, and nurse practitioners.

- Workshop MPS 1 – Foundations of Trigger Point Examination and Treatment is the prerequisite course for all other courses in the *Janet G. Travell, MD Seminar Series<sup>SM</sup>*.
- Workshop MPS 5 – Trigger Point Needling is restricted to clinicians who are licensed to perform injection or dry needling therapy. This includes all allopathic, osteopathic, naturopathic, and podiatric physicians, nurses and nurse practitioners, licensed acupuncturists, and physical therapists practicing in Colorado, Georgia, Kentucky, New Hampshire,

New Mexico, Maryland, South Carolina, and Virginia (at date of printing), or those practicing in foreign countries where dry needling is within the scope of physical therapy practice. To be eligible for the MPS 5 – Trigger Point Needling course, participants must have completed MPS 1, MPS 2, MPS 3, and MPS 4.

- Manual Trigger Point Therapy Certification – completion of MPS 1, MPS 2, MPS 3, and MPS 4.
- Manual Trigger Point Therapy and Needling Certification – completion of MPS 1, MPS 2, MPS 3, MPS 4, and MPS 5.

The workshops combine lectures, demonstrations and practical hands-on training. The *Janet G. Travell, MD Seminar Series<sup>SM</sup>* features excellent instructor-student ratios.



---

## Accreditation/Registration

### Accreditation

- All courses of the *Janet G. Travell, MD Seminar Series<sup>SM</sup>* meet the basic criteria of the Maryland State Board of Physical Therapy Examiners. The 3-day courses have been approved for 1.9 CEUs.
- The Washington Adventist Hospital is accredited by the Medical and Chirurgical Faculty of Maryland to sponsor continuing medical education for physicians. This activity has been planned and implemented in accordance with the Essentials and Standards of the Medical and Chirurgical Faculty of Maryland through the joint sponsorship of Washington Adventist Hospital and the *Janet G. Travell, MD Seminar Series<sup>SM</sup>*. The Washington Adventist Hospital designates each 3-day course for a maximum of 19 hours in Category I credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.
- *The Janet G. Travell, MD Seminar Series<sup>SM</sup>* is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under category A.

### Registration

Register on-line at:  
<https://www.myopainseminars.com/regis.htm>

OR fill out the Registration Form and fax or mail it to:

Myopain Seminars  
7830 Old Georgetown Road, Suite C-15  
Bethesda, Maryland 20814-2440  
Phone: 301.656.0220  
Fax: 301.654.0333  
E-mail: [info@myopainseminars.com](mailto:info@myopainseminars.com)

### Cancellation Policy

For all courses, more than 2 weeks prior to course, 80% refund. Within 2 weeks of course, no refunds, but credit may be transferred to future courses.

We reserve the right to cancel any workshop at any time. If unforeseen circumstances occur and the course is canceled, the full registration fee will be returned, but we will not be responsible for any charges incurred by the registrant, including hotel and airline fees.

### Additional Information

Questions? Please email us at [info@myopainseminars.com](mailto:info@myopainseminars.com) or call 301.656.0220.

---

## Sponsoring Courses

### Sponsoring Courses

An increasing number of hospitals, medical centers, clinics, private physical therapy practices, and professional organizations are sponsoring local courses or lectures of the *Janet G. Travell, MD Seminar Series<sup>SM</sup>*. Some of these courses are only for their own professional staff development, while others have been opened to the local health care community. State chapters have sponsored courses of the *Janet G. Travell, MD Seminar Series<sup>SM</sup>* as part of their state continuing education programs.

*“We heard nothing but great comments from our attendees about the quality course you were able to bring to Kansas. Our attendees really felt that they learned information that they could take back to the workplace and apply in an everyday setting.*

Susan Bechard, Chief Operations Officer  
Kansas Physical Therapy Association

For information about sponsoring a course or courses of the *Janet G. Travell, MD Seminar Series<sup>SM</sup>* please contact our offices by phone, at 301.656.0220 or by email: [info@myopainseminars.com](mailto:info@myopainseminars.com)

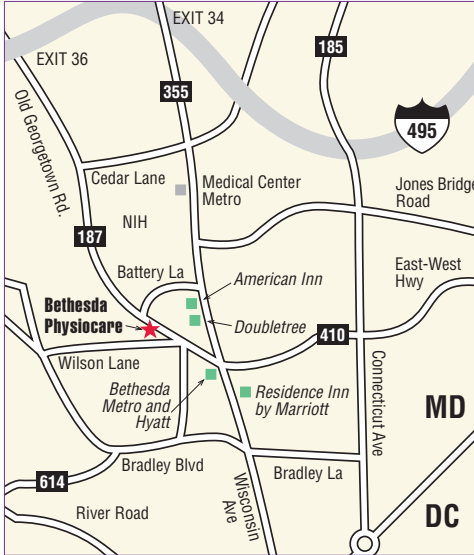
There are many potential advantages to sponsoring a course program:

- significant cost savings;
- multiple clinicians in one facility share the same learning experience and clinical expertise;
- excellent marketing opportunities for the sponsoring clinic;
- revenue generating;
- fund raising for professional organizations.

### Past course sponsors

- National Institutes of Health
- Johns Hopkins University Hospital
- Swiss Physical Therapy Association
- Bahrain Physical Therapy Association
- Kansas Physical Therapy Association
- Oklahoma Physical Therapy Association
- Royal College of Psychiatrists of Thailand
- Asian-Pacific League of Associations of Rheumatology
- British Medical Acupuncture Society
- Israel Neurological Association
- University of New Mexico
- University of Calgary
- University of Manitoba
- University of Castilla i la Mancha
- University of Rovira i Virgili
- Georgia Trial Lawyers Association,
- Integramedica (Santiago, Chile)
- ...and many others.

## Location Details



American Inn of Bethesda  
8130 Wisconsin Avenue  
Bethesda, MD 20814  
Phone: 301.656.9300 or toll-free  
1.800.323.7081

<http://www.american-inn.com/>

Doubletree Hotel Bethesda  
8120 Wisconsin Avenue  
Bethesda, MD 20814  
Phone: 301.652.2000 or toll-free  
1.800.222.TREE (8733)

<http://www.doubletreebethesda.com>

The Hyatt Regency Bethesda  
One Bethesda Metro Center  
Bethesda, MD 20814  
Phone: 301.657.1234 or toll-free  
1.800.233.1234

<http://bethesda.hyatt.com/property/index.jhtml>

Residence Inn by Marriott  
7335 Wisconsin Avenue  
Bethesda, MD 20814  
Phone: 301.718.0200 or toll-free  
1.800.331.3131

<http://www.residenceinnbethesdahotel.com/>

### Where to Stay in Bethesda

Most courses in Bethesda will be at either the American Inn or at the headquarters of Myopain Seminars. Several other hotels are within walking distance. Please contact the hotel of your choice directly to make reservations. Many hotels participate in discount programs, such as AAA, Costo, Entertainment Guide, airline frequent flyer programs, etc., so be sure to ask about any discounts available! Some hotels offer internet discounts.



---

## Sample Waiver

Every effort is made to teach and practice safe techniques under the supervision of our instructors. Nevertheless, there is always the possibility of injury. Attendees will be required to sign a waiver absolving the Myopain Seminars, the program directors and the instructors of any liability in the event of injury. A sample of the waiver form follows:

I, \_\_\_\_\_, understand that the workshop entitled Trigger Point Needling is a participatory course in which all persons taking the course are expected to practice on each other. This means that I will allow my fellow participants as well as the workshop instructors to place acupuncture needles into various muscles throughout my body during the two and one half days of the program.

I understand that although the risk of any serious harm is minimal, nevertheless, there is the possibility of injury. Specifically, placing acupuncture needles or injections of local anesthetics into the body could possibly result in puncture of an organ such as the lung, the puncture of a vessel (artery or vein), or a nerve injury. Hematomas may occur and bruising may result. It is also possible that I may faint.

I understand the risk of complication, though small, is real. I hereby hold the program directors, Dr. Robert Gerwin and Mr. Jan Dommerholt, the preceptors, and Myopain Seminars harmless for any injury sustained from dry needling during the course. Also, I hereby hold the program directors, Dr. Robert Gerwin and Mr. Jan Dommerholt, the preceptors, and Myopain Seminars harmless for any injury sustained from dry needling or injection techniques in my own practice.

---

Signature and Date

---

---

## Registration Information

To register for any of our programs, please complete the enclosed registration form (next page) and mail or fax it to us.

**Myopain Seminars**  
**7830 Old Georgetown Road**  
**Suite C-15**  
**Bethesda, MD 20814-2440**

Phone: 301.656.0220; Fax: 301.654.0333

Online: [www.myopainseminars.com](http://www.myopainseminars.com)

Email: [info@myopainseminars.com](mailto:info@myopainseminars.com)

### FEES AND DISCOUNTS

- Cost of the 3-day MPS 1, MPS 2, MPS 3, and MPS 4 workshops is US \$595 each.
  - The cost for the MPS 5 – Trigger Point Needling workshop is US \$1,400 (no discounts available). This 5-day course will have at least one instructor per 8-10 students.
  - The cost for the MPS 6a – Review and Certification Examination Course (Manual Trigger Point Therapy Certification) is US \$925 (no discounts available).
  - The cost for the MPS 6b – Review and Certification Examination Course (Manual Trigger Point Therapy and Needling Certification) is US \$1350 (no discounts available).
  - Register for 2 courses at a time and receive a 5% discount; register for 3 or more courses at a time and receive a 10% discount (no discounts for MPS 5 and MPS 6a/b).
  - Members of the International Myopain Society are eligible for a 10% discount for all courses except MPS 5 and MPS 6 a/b.
  - Previous participants can take the course as refresher courses with a 50% discount (no discounts for MPS 5 and MPS 6a/b).
-

## General Information

### GENERAL INFORMATION

Name \_\_\_\_\_

(as you would like it to appear on your course certificate)

Profession/Specialty \_\_\_\_\_

I am licensed in \_\_\_\_\_ License Number \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Country \_\_\_\_\_

Work phone \_\_\_\_\_ Home phone \_\_\_\_\_

Fax \_\_\_\_\_ E-mail address \_\_\_\_\_

I have special needs. I will contact Myopain Seminars to discuss them.

### ADDITIONAL INFORMATION

Questions? Contact our offices at 301.656.0220 (ask for Ms. Avelene Mahan, Course Coordinator) or email us at [info@myopainseminars.com](mailto:info@myopainseminars.com).

### CANCELLATION POLICY

More than 2 weeks prior to a course: 80% refund. Within 2 weeks of course, no refunds. We reserve the right to cancel any workshop at any time. If unforeseen circumstances occur and the course is canceled, the full registration fee will be returned or applied to a future course (if so desired), but we will not be responsible for any charges incurred by the registrant, including hotel or airline fees.

### DRESS

Casual and comfortable. Men are requested to bring shorts or bathing suits; women, shorts and

halter tops, to wear for the practicum sessions. Attendees will practice on each other during the practicum sessions.

Participants must be prepared to expose the body region of study during practice to enhance the overall learning experience. Identification and treatment of myofascial trigger points requires short fingernails.

**Myopain Seminars**  
**7830 Old Georgetown Road**  
**Suite C-15**  
**Bethesda, MD 20814-2432**

Phone: 301.656.0220; Fax: 301.654.0333

Online: [www.myopainseminars.com](http://www.myopainseminars.com)

Email: [info@myopainseminars.com](mailto:info@myopainseminars.com)

## Selections & Payment

### WORKSHOP SELECTIONS (in chronological order)

**MPS 1 – Foundations of Trigger Point Examination and Treatment**

**MPS 2 – Head, Face, Neck, and Shoulder Pain**

**MPS 1 – Foundations of Trigger Point Examination and Treatment**

Date of Completion of MPS 1 course: \_\_\_\_\_

**MPS 3 – Low Back and Pelvic Pain**

Date of Completion of MPS 1 course: \_\_\_\_\_

**MPS 4 – Extremity Pain**

Date of Completion of MPS 1 course: \_\_\_\_\_

**MPS 1 – Foundations of Trigger Point Examination and Treatment**

**MPS 2 – Head, Face, Neck, and Shoulder Pain**

**MPS 3 – Low Back and Pelvic Pain**

Date of Completion of MPS 1 course: \_\_\_\_\_

**MPS 5 – Trigger Point Needling\*\***

Dates of Completion of Prerequisite Courses:

MPS 1 \_\_\_\_\_ MPS 2 \_\_\_\_\_ MPS 3 \_\_\_\_\_ MPS 4 \_\_\_\_\_

**MPS 6b – Review and Certification (Manual Trigger Point Therapy + Needling)\*\***

Date of Completion of MPS 5 course: \_\_\_\_\_

<u>Dates of Workshop</u>	<u>Cost</u>
October 12-14, 2007	\$595
November 2-4, 2007	\$595
December 7-9, 2007	\$595
December 7-9, 2007	\$595
January 11-13, 2008	\$595
March 7-9, 2008	\$595
March 7-9, 2008	\$595
April 4-6, 2008	\$595
May 14-18, 2008	\$1400
June 6-7 (8), 2008	\$1350

Subtotal: \_\_\_\_\_

Discount: \_\_\_\_\_

### SELECT A DISCOUNT\*:

2 workshops (5%); 3 or more workshops (10%); IMS member discount 10%;  
50% discount for previous participants.

\*Only one discount applies. \*\*No discounts are applicable for MPS 5 and MPS 6a/b

### TOTAL PAYMENT:

### METHOD OF PAYMENT:

Check (from an American Bank), payable to Myopain Seminars. Please note, your registration will only be confirmed when we receive your check in the mail. Send it to Myopain Seminars, 7830 Old Georgetown Road, Suite C-15, Bethesda, MD 20814-2440.

Credit Card:  Visa  MasterCard  Discover  American Express

Name (as it appears on the card): \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Janet G. Travell, MD Seminar Series

# Patient Referral

Course participants frequently refer challenging patients with chronic pain syndromes for evaluation and treatment to Dr. Gerwin and Jan Dommerholt. Common medical diagnoses include myofascial pain syndrome, fibromyalgia syndrome, complex regional pain syndrome, craniomandibular pain and dysfunction, chronic low back pain, persistent headaches, etc. Pain & Rehabilitation Medicine, Bethesda Physiocare, and Ms. Mona Mendelson, LCSW-C offer an integrated evaluation and treatment program.

All out-of-town patients are scheduled for a comprehensive three-day evaluation during which they will be examined by a neurologist or physiatrist certified in pain management, a physical therapist, and a clinical social worker. Following the evaluation process, a detailed written pain management plan will be developed for both the patient and the referring clinician, combining the reports from Pain & Rehabilitation Medicine, Bethesda Physiocare, and Ms. Mona Mendelson. Patients either return home for therapy, or schedule follow-up visits at our clinics. Referring clinicians have the opportunity to join their patients to Pain & Rehabilitation Medicine and Bethesda Physiocare to observe the evaluation process, which provides an additional learning opportunity.

To refer a patient, please contact our practice administrator, Ms. Avelene Mahan, at 301.656.0220 or to schedule the initial three-day evaluation.

## **Myopain Seminars**

**7830 Old Georgetown Road**

**Suite C-15**

**Bethesda, MD 20814-2440**

***myopain seminars***