

Detail Module Agenda

Introduction to Oriental Medicine-Physical Medicine

- 9:00 AM: Definition of OM-PM
- 9:15 AM: Discussion of “What is myofascial pain”
- 9:30 AM: Discussion of “what is myofascial pain”
- 9:45 AM: Discussion of the historical precedence of myofascial pain syndrome within the framework of the tendino-muscular channels. Muscle-Connective Tissue as an organ system
- 10:00 AM: Review of Yin/Yang Theory
- 10:15 AM: Review of Zang-Fu Theory
- 10:30 AM: Channel Theory: Primary Channels, Tendino-Muscular Channels, Eight Extra-Ordinary Channels, Divergent Channels, and Cutaneous Zones as they relate to physical medicine and the treatment of myofascial pain.
- 10:45 AM: Channel Theory: Primary Channels, Tendino-Muscular Channels, Eight Extra-Ordinary Channels, Divergent Channels, and Cutaneous Zones as they relate to physical medicine and the treatment of myofascial pain.
- 11:00 AM: Break
- 11:15 AM: Channel Theory: Primary Channels, Tendino-Muscular Channels, Eight Extra-Ordinary Channels, Divergent Channels, and Cutaneous Zones as they relate to physical medicine and the treatment of myofascial pain.
- 11:30 AM: Channel Theory: Primary Channels, Tendino-Muscular Channels, Eight Extra-Ordinary Channels, Divergent Channels, and Cutaneous Zones as they relate to physical medicine and the treatment of myofascial pain.
- 11:45 AM: Discussion of diagnostic criteria with respect to myofascial pain
- 12:00 Noon: Discussion of diagnostic criteria with respect to myofascial pain
- 12:15 PM: A definition of pain
- 12:30 PM: Lunch Break

- 12:45 PM: Lunch Break
- 1:00 PM: Lunch Break
- 1:15 PM: Lunch Break
- 1:30 PM: Discussion of known pain theories: nociception, gate control theory, peripheral sensitization, central sensitization, referred pain, referred pain patterns, somato-visceral versus visceral-somato reflex, segmental facilitation and its relationship to Mu, Shu, and Huato Jia ji points.
- 1:45 PM: Discussion of known pain theories: nociception, gate control theory, peripheral sensitization, central sensitization, referred pain, referred pain patterns, somato-visceral versus visceral-somato reflex, segmental facilitation and its relationship to Mu, Shu, and Huato Jia ji points.
- 2:00 PM: Discussion about what are acupoints, ashi points, myofascial trigger points, motor points and related physiology. Etiology (Mechanism of injury).
- 2:15 PM: Discussion about what are acupoints, ashi points, myofascial trigger points, motor points and related physiology. Etiology (Mechanism of injury)
- 2:30 PM: Discussion about what are acupoints, ashi points, myofascial trigger points, motor points and related physiology. Etiology (Mechanism of injury)
- 2:45 PM: Hands-on identification of taut muscle bands and myofascial trigger points. Focus on the dorsal zone, Urinary Bladder Channel and Unrinary Tendino-Muscular Channel. Review of anatomy of the dorsal zone.
- 3:00 PM: Hands-on identification of taut muscle bands and myofascial trigger points. Focus on the dorsal zone, Urinary Bladder Channel and Unrinary Tendino-Muscular Channel. Review of anatomy of the dorsal zone.
- 3:15 PM: Hands-on identification of taut muscle bands and myofascial trigger points. Focus on the dorsal zone, Urinary Bladder Channel and Unrinary Bladder Tendino-Muscular Channel. Review of anatomy of the dorsal zone.
- 3:30 PM: Break
- 3:45 PM: Hands on deactivation (myofascial release) of myofascial trigger points.
- 4:00 PM: Hands-on deactivation (myofascial release) of myofascial trigger points.
- 4:15 PM: Hands-on deactivation (myofascial release) of myofascial trigger points.

4:30 PM: Manual muscle testing of the posterior cervical musculature.

4:45 PM: Manual muscle testing of the posterior trunk musculature

5:00 PM: Examination and palpation of the spinal column

5:15 PM: Examination and palpation of the spinal column

5:30 PM: Examination and palpation of the spinal column

5:45 PM: Discussion of treatment modalities and options

6:00 PM: Discussion of treatment modalities and options

6:00 PM: End