



A.M.A.B.
ASSOCIAZIONE MEDICI AGOPUNTORI BOLOGNESI
Fondata nel 1986
SCUOLA ITALO – CINESE DI AGOPUNTURA

TRIGGER POINTS **from clinic to practice**



Speaker:

Prof. Dr. med. Dominik Irrnich
President German Medical Acupuncture Association (DÄGfA)
Head of the Multidisciplinary Pain Centre
LMU University Hospital Munich

Including special lecture (Saturday 11:45 – 13:00) by

Dr. Petra Bäumlér, MSC, MPH
Senior Researcher
Multidisciplinary Pain Centre
LMU University Hospital Munich

Bologna, February Saturday 17th and Sunday 18th 2024
09.00 – 13.00/14.30 – 18.30; 09.00 – 13.00

SEMINAR FOR MEDICAL DOCTOR ACUPUNCTURISTS
Theoretical-practical course
Course language: English (no translation)

11 CEU credits on request

Pain and limited function of the locomotor system are the most common reasons for consulting a doctor or therapist. Research and experience show that muscles (and fascia) have a key position in this, because of its anatomical and functional properties leading to myofascial pain and dysfunction. This counts for neck pain, low back pain as well as for dysfunction of the shoulder, hip, elbow and the knee. The clinical correlate is the myofascial trigger point (mTrP).

This seminar includes the diagnostic of the most relevant mTrPs, their symptoms including nerve entrapment and their comprehensive treatment.

Key points of the seminar will be physical examination, palpation, correlation to acupuncture points, differential diagnosis, psychosomatic and emotional aspects of muscles, triggerpoint acupuncture (dry needling) as part of a comprehensive trigger point approach including microsystem acupuncture und traditional acupuncture concepts, manual approaches and post treatment exercises.

PROGRAM OF THE SEMINAR

Saturday February 17th, 2024

09.00 – 09.30 Introduction: Basic Principles

09:30 – 11:00 Principles of Diagnosis and Treatment

**Headache, Facial Pain, CMD
Physical examination and Treatment
including Mm. temporalis, masseter, pterygoid,
trapezius, elevator scapulae
Demonstration and exercises**

11.00 – 11.15 *Break*

11.15 – 11.45 Suboccipital and paravertebral Muscles

**11.45 – 13.00 Special Lecture by Dr. Petra Bäumler, MSC, MPH
“Scientific update on Definitions, Pathophysiology and
Diagnostic standards”
Q&A**

13.00 – 14.30 *Lunch*

**14.30 – 15.45 Upper extremity
Shoulder girdle muscles
Thoracic outlet
Epicondylitis (lateral, medial)**

15.45 – 16.00 **Break**

**16.00 – 18.00 Thoracic spine and related muscles
From superficial and deep paravertebral muscles to M.
latissimus dorsi**

**Save needling at the thoracic spine and related myofascial problems
Demonstration and exercises.**

18:00 – 18:30 Psychosomatics and emotions of the muscular system

18.30 *End of the first day*

Sunday February 18th, 2024

09.00 – 09.15 Summary and feedback of the first day

**09.15 – 09:45 Dry needling: Integration of microsystem acupuncture and traditional chinese acupuncture into Triggerpoint Acupuncture
Relevant distal points
Meridian, Extra and Microsystem Points (ear, scalp and other system) for muscle relaxation**

09.45 – 10.15 Basic principles of multimodal treatment of low back pain

**10.15 – 11.00 Examination and treatment of the lumbar spine region from M. quadratus lumborum to paravertrebral superficial and deep muscles
Demonstration and exercises**

11.00 – 11.15 break

**11:15 – 13.00 Hip, thigh, and knee
Relevant muscles fom M. piriformis to Adductors**

**Trigger point Acupuncture is common in Sports medicine:
Stories, tips and tricks in high performance and professional sportspersons**

13.00 – 13.30 Learning evaluation test for CEU purposes only

Date: Saturday February 17th and Sunday 18th 2024

Location: Bologna, Aula didattica "Marco Romoli" Istituto di Ricerca e Cura A.M.A.B.
Via Antonio Canova 15/E

Course language: English (no translation)

**Payment: 370,00 Eur (with A.M.A.B. membership fee)
300,00 Eur A.M.A.B. 2024 members
240,00 Eur A.M.A.B. School Students**

Payment allowed on the website after the registration form via Card

Due Date: Friday February 2nd 2024

Speaker:

Prof. Dr. med. Dominik Irnich

is Senior Physician at the Department of Anaesthesiology, Head of the Multidisciplinary Pain Center at the University of Munich (LMU), Campus Innenstadt and serves as President of the German Medical Acupuncture Association (DÄGfA e.V.). He is a member of various committees of pain medicine, CAM and acupuncture, e.g. Cochrane low back pain group, Acupuncture Trialists Collaboration. As a scientist, he has led public funding projects on acupuncture and many clinical studies, as well as two years of basic research at the Institute of Physiology of the LMU Munich.

In addition, there is a great deal of teaching at universities, over 150 invited lectures, over 95 pub med listed scientific papers, about 30 book contributions and 2 books: the Standard text book "Myofascial Trigger Points" (Churchill Livingstone) and patients adviser "Healing the back" (Irisiana, in German). His scientific work has been awarded various scientific prize e.g. Excellence in Integrative Medicine Research Award 2016 of the European Society of Integrative Medicine. The Munich Outpatient Program in Complementary and Alternative Medicine for Chronic Pain, which was implemented in 2001, serves as model for Integrative Medicine.

Dr. Petra Bäuml, MSc, MPH (special lecture on Saturday)

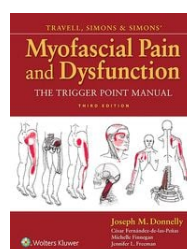
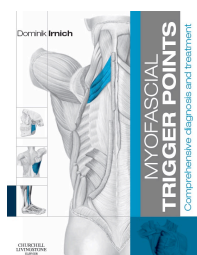
Petra Bäuml, holds a Master of Science in Molecular Biotechnology and Public Health. Since February 2009 she works as a research assistant at the Multidisciplinary Pain Centre lead by Dr. Dominik Irnich at the University of Munich, where she also completed her Phd. She performs clinical as well as experimental research in the field of acupuncture and pain physiology. Furthermore, she is a member of the science center of the German Medical Acupuncture Society (DÄGfA).

Reference for preparation:

1. Standard Text Book:

Irnich, Myofascial Triggerpoints, Churchill Livingstone, 2013

Travell, Simons Trigger Point Manual, Williams and Wilkins; 1983



2. Selection of relevant scientific publications from the speaker and his group

Baeumler P, Hupe K, Irnich D, Proposal of a diagnostic algorithm for myofascial trigger points based on a multiple correspondence analysis of cross-sectional data BMC Musculoskelet Disord. 2023 Jan 24;24(1):62. doi: 10.1186/s12891-023-06129-y

Fleckenstein J, Zaps D, Ruger L J, Lehmeier L, Freiberg F, Lang P M, Irnich D. Discrepancy between prevalence and perceived effectiveness of treatment methods in myofascial pain syndrome: results of a cross-sectional, nationwide survey. BMC Musculoskelet Disord 2010; 11:32.

Baeumler P I, Fleckenstein J, Benedikt F, Bader J, Irnich D. Acupuncture induced changes of the pressure pain threshold are mediated by segmental inhibition - a randomized controlled trial. Pain 2015; 156(11):2245-55.

Acupuncture for Chronic Pain: Update of an Individual Patient Data Meta-Analysis. Vickers AJ, Vertosick EA, Lewith G, MacPherson H, Foster NE, Sherman KJ, Irnich D, Witt CM, Linde K; Acupuncture Trialists' Collaboration. J Pain. 2018 May;19(5):455-474. doi: 10.1016/j.jpain.2017.11.005. Epub 2017 Dec 2

Bäumler P, Zhang W, Stübinger T, Irnich D. Acupuncture-related adverse events: systematic review and meta-analyses of prospective clinical studies. BMJ Open. 2021 Sep 6;11(9):e045961. doi: 10.1136/bmjopen-2020-045961

Lang P M, Stoer J, Schober G M, Audette J F, Irnich D. Bilateral acupuncture analgesia observed by quantitative sensory testing in healthy volunteers. Anesth Analg 2010; 110(5):1448-56.

Irnich D, Behrens N, Molzen H, König A, Gleditsch J, Krauss M, Natalis M, Senn E, Beyer A, Schops P. Randomised trial of acupuncture compared with conventional massage and "sham" laser acupuncture for treatment of chronic neck pain. BMJ 2001; 322(7302):1574-8.

Irnich D, Behrens N, Gleditsch J M, Stor W, Schreiber M A, Schops P, Vickers A J, Beyer A. Immediate effects of dry needling and acupuncture at distant points in chronic neck pain: results of a randomized, double-blind, sham-controlled crossover trial. Pain 2002; 99(1-2):83-9.