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Chapter Convention Issue

“TOGETHER”

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TOGETHER

CONVENTION 2012



Understanding Trigger Points for Treating Pain

VALERIE DELAUNE, LAc

Around 75% of pain is caused by trigger points; yet in spite of decades of research, it is one of the most under-diagnosed conditions in allopathic medicine. Massage therapists and physical therapists are the health care providers who are the most likely to have received at least some training in trigger points, but often this training is not as comprehensive as it should be to become a trigger point therapist. Trigger point therapy is not one specific technique, but a protocol:

- Comprehensive client history
- Pain mapping
- Range of motion evaluation
- Postural analysis
- Differential diagnosis
(*within the scope of your practice*)
- Identification of perpetuating factors
- Correction of perpetuating factors
- Manual techniques to treat myofascial pain and dysfunction
- Personalized client pressure techniques and stretch rehabilitation program
- Client education

Referred Pain and Pain Mapping

The most important thing to know about locating and treating trigger points is that about 74% of the time, trigger points *refer* pain to a different area—they are not located within the area where your client is actually feeling symptoms. Knowledge of referral patterns gives us a starting point of where to look for the trigger points that are actually causing pain and other symptoms.

For example, if your client has pain in the area of the temple, you need to check the trapezius, sternocleidomastoid, posterior neck, and temporalis muscles for trigger points. Of these, only the temporalis muscle may contain trigger points within the area of primary referral; all of the other potential trigger points are *remote* to the area of pain referral. There are books, charts, and websites available that contain “pain guides” that will help you figure out where your client’s trigger points might be located.

Other Symptoms

Trigger points can also cause symptoms not normally associated with muscular problems, such as swelling, ringing in the ears, loss of balance, dizziness, urinary frequency, buckling knees,

abnormal sweating, and tearing of the eyes. For example, the sternocleidomastoid muscle, in addition to causing a tension-type headache, can also cause dizziness, nausea, sinus congestion, eyelid twitching, hearing problems, eye problems, a chronic sore throat, and other symptoms. It probably wouldn’t occur to most practitioners that these symptoms could be caused by a trigger point in a muscle.

Identification and Correction of Perpetuating Factors

Trigger points may form after a sudden trauma or injury, or they may develop gradually. Common initiating and perpetuating factors are mechanical stresses, injuries, nutritional problems, emotional factors, sleep problems, acute or chronic infections, and organ dysfunction and disease. Resolving these factors are crucial to gaining long-term relief.

Even if it is not within your scope of practice to diagnose and treat many of these perpetuating factors, it is important to know what they are, including their symptoms, so that you can refer your client to the appropriate health care provider. It is helpful to form an alliance with a health care provider who is familiar with trigger points; not only can they order the pertinent laboratory tests, but they will understand why you think an evaluation may be helpful in treating your client’s pain. Doctors Travell and Simons believed that treating the conditions that cause and keep trigger points activated was the most important part of the treatment.

Successful Treatments

Treating trigger points is like doing “detective work.” Trigger points can be treated by a variety of techniques, including wet or dry needling, and manual techniques such as stroking or brief or sustained pressure. The particular technique used is far less important than ensuring that you apply a technique *in the correct place*. If you understand that when your client feels pain in a particular area you need to check muscles “X,” “Y,” and “Z,” and that all perpetuating factors need to be identified and resolved, your rate of success will be extremely high. You will likely either help your client achieve complete relief or a great amount of relief. And the more successful you are in resolving your client’s pain, the more they will refer their friends and family to you!

Valerie DeLaune, LAc

Understanding Trigger Points for Treating Pain

Friday, April 27 & Saturday April 28 • 3 CE hours



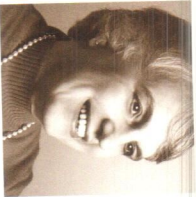
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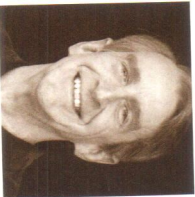
PRESENTERS



Ahwren Ayers, LMP, NCBTMB, has been in private practice since 1981. Ahwren uses her skills in Craniosacral-Energy Therapy-Spiritual Guidance, and a variety of other therapies to provide her clients with a comprehensive approach for healing support. As Chair of North Cascade Massage Connection since 2007, she continues to build community for local massage therapists for a stronger, unified massage profession.



Margo Bowman, LMT has been practicing accounting for over 54 years, specializing in small business taxation and record keeping. She is a Licensed Tax Consultant in Oregon and an Enrolled Agent, an IRS designation. Margo is also a Licensed Massage Therapist in Oregon which gives her a unique insight into the needs of the massage therapy industry.



David Cambbell, LMP has been practicing over 20 years, specializing in Cranio-Sacral Therapy, Visceral Manipulation, and Trager[®] Work. He has taught kinesiology and cadaver anatomy for 10 years and teaches CE classes on intraoral massage and advanced somatic explorations. Dave is author and illustrator of the book "Mastering Muscles & Movement: A Brain-Friendly System for Learning Musculoskeletal Anatomy and Kinesiology." Learn more at: bodyflightlearning.com



Taya Countryman, LMP has practiced massage therapy since 1977 and specializes in clients experiencing complex and chronic medical conditions. She has been an instructor since 1992 and makes learning fun. After studying with a local osteopath in the early 1980's, she developed Structural Relief Therapy combining 3 difficult osteopathic techniques into an easy to apply protocol.



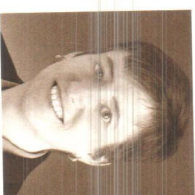
Ed Dawson has been a police officer for more than 29 years and a First Aid/CPR instructor for 20 years. Ed instructs for several government agencies as well as many companies in the private sector. Ed also instructs in the area of Blood/Airborne Pathogens and other related law enforcement topics.



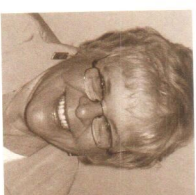
Valerie DeLaune, L.Ac., is a licensed acupuncturist and certified neuromuscular therapist and massage therapist who teaches trigger point workshops nationally. DeLaune is the author of five books and has had numerous articles on trigger points published in both professional and lay magazines. She currently resides in Alaska. Learn more at: triggerpointrelief.com



Kim Hartley, LMP is a 1990 graduate of BUSM and a 20-year student of Lomilomi, accruing 2200 CE hours with 11 different teachers, 6 of them Native Hawaiian. In 1994, Kim began teaching with her hands-on style, which incorporates joy and enthusiasm along with the Alpha Spirit and the feeling of 'Ohana (family).



Deborah Kimmel, LMT is the developer of Practical Movement, a functional movement retraining technique that blends postural assessment with somatic movement re-education principles. Bringing nearly 30 years of group facilitation skills to the classroom, Deborah teaches with a focus on finding innovative methods to help students understand and retain the coursework.



Karen Kowal, RN, LMT, NCTMB has been a massage therapist since 1994, RN since 1965, and is the founder of Mother Earth Pillows[®]. Karen has developed Pillosage[™], an innovative modality. She has a Clinic & Retail Boutique, Education & Yoga Studio in Arnold, MO and is an NCBTMB Provider. An advocate for blending CAM and Western medicine, she speaks nationally on diverse topics including pain management, aromatherapy and self-care.

Pilossage™ Cervical Therapy Module

Karen Kozall Hands-On 3 CE Hours

Learn innovative Pilossage™ techniques to add to every session! This thermal bodywork approach can help relieve headaches, computer strain and whiplash discomfort. Gentle, effective approaches for both therapist and client will attain deep, lasting results. Using a heated Flex Bolster, PilR, compression and traction, KOTI is improved and discomfort relieved. Attendees will learn to treat both the cervical spine and anterior upper chest effectively. This introduction includes new theories about thermal interventions, soft-tissue technique and marketing suggestions. Bring message table and bolster. No checks or calls needed. Wear a shirt without a collar.

Rehabilitative Sports Massage

Emily Szwardak Hands-On 3 CE Hours

Ms. RPTFB Provider

Exhilarate those sports therapists! Learn how all health care professionals how to recognize and treat common soft tissue injuries. Athlete performance, those with physically demanding occupations, recreational athletes, and people working around the home all cope with overuse problems, and suffer from the same type of soft tissue injuries sustained by athletes. We will lead all our role in the recovery process, while staying within the range of our scope of practice. Bring message table.

Self-Defense

Richard Peterson Hands-On 3 CE Hours

This self-defense course, taught by Seattle Police Officers, will cover several key points such as awareness, skills, and understanding intuition, an early warning system which is often ignored. The course will also cover setting boundaries and how to use leverage to physically enter a your boundaries if necessary. Self-defense will learn to find the vicinity of their voice and basic self-defense moves that can stop and de-escalate a threat. Wear comfortable clothing, bring water and the "Will to Will"!

Tax Updates & Record Keeping for Massage Therapists

Margo Bowman Lecture 3 CE Hours

This class will cover bookkeeping and record keeping for self-employed therapists. Included will be specific requirements for income tax reporting and new tax law regulations. Participants will learn how to account for the usual deductions (ie, auto, education, supplies, etc.) and other "highly audited" but fully allowable deductions (ie, home office, travel, etc.). In addition to understanding the concepts for what is required, you will learn how to track them in an efficient and manageable way.

Understanding Trigger Points for Treating Pain

Valerie DeLaine Lecture 3 CE Hours

NCBI MB Provider

Trigger points usually refer pain in fairly consistent patterns, and the practitioner can use "pain guides" to figure out which muscles may potentially harbor trigger points causing pain and other symptoms. Trigger points are caused and perpetuated by poor ergonomics, injuries, structural problems, and several medical conditions. Resolution of these perpetuating factors is crucial to relieving trigger points. Relieving trigger points is essential for a successful therapeutic outcome. Tips will be given for incorporating trigger point treatments into your current modality.

Sunday – Post-Convention Education Sessions

Structural Relief Therapy for Thoracic Outlet Syndrome

Tara Cunningham Hands-On 6 CE Hours

Therapeutic Outlet Syndrome (TOS) is caused by compression of the brachial plexus, but there is disagreement about its diagnosis and treatment. Treatment usually starts with physical therapy.

When referred to massage, they give deep pressure on the tight muscles in the deltoid area and create more symptoms. Jane Structural Relief Therapy (SRL) you can discover more about and learn quickly and gently. Learn the muscles and positions from 3 different SRL classes with some bonus points and bonus strategy. Also prerequisites for this class required. Bring a message table. *Types of compression observed with Thoracic Outlet Syndrome of the neck and trunk, and hands. Please see the link of the syllabus for the 2022.*

Proceeds from this workshop will be donated to the Massage Therapy Foundation.

First Aid/CPR

Ed Dawson Hands-On 4 CE Hours (for WA license renewal only; does not count as CE for AMTA)

Students will be instructed in the current national guidelines of First Aid/CPR. The class consists of lecture and practical exercises with emphasis on learning and having fun. Students will receive hand-out materials and upon completion will receive First Aid/CPR certification for two years.

WSMT Skills Calibration

Hands-On 3 CE Hours

This is a three-hour refresher class for current and new Washington Sports Massage Team (WSMT) members, which outlines the types of skills you will need on site at WSMT events. Completion of this course is required before you are eligible to work team events. Bring a message table. WSMT applications will be available at the training, or can be downloaded from the Chapter website. Application fees are \$70 for AMTA members and \$75 for non-AMTA members. Calibration is free for current WSMT members. Skills Calibration is \$15 for non-WSMT members, payable at the door. **Check or cash preferred.**