

# Myofascial Trigger Point Therapy **IMTT**<sup>®</sup> Module 1

January 17 - 21, 2024  
**Republic of Korea**

**Theme** Pain can have different causes. Myofascial trigger points and fascia changes often play a central role. Overloading or traumatic overstretching can create in a muscle zones of sarcomeres incapable of decontraction, the core of which is ischemic and therefore painful. Reactive fascia changes usually occur in these sites over time. The diseased muscle areas can be palpated: hard, tense cords with sensitive areas. Pain can be provoked at these points (myofascial trigger points, MTrPs), which is often transferred to other areas of the body (referred pain). The sum of the symptoms, triggered by active trigger points and fascia changes, is referred to as myofascial syndrome. This pathology can usually be eliminated through targeted therapy, even if it has existed for a long time.

**Learning Objectives** Module 1: Participants learn to recognize myofascial pain and dysfunction as an important part of disorders of the neuromusculoskeletal system (clinical reasoning). They know about the underlying pathophysiological changes in the myofascial structures. You can identify trigger points and fascia disorders (in the area of the torso, neck and shoulder) and are able to treat trigger points and fascia using four manual techniques in a specifically and adequately way. You understand how to integrate functional movement therapy into the treatment concept and how to guide patients accordingly.

**Topics covered** **Theory** (30%)

- Topographical and functional anatomy of the muscles of shoulder, neck and torso
- Clinical patterns of MTrPs (pain and dysfunction)
- Diagnostic criteria of MTrPs
- Clinical Reasoning (shoulder, neck and low back pain)
- Manual techniques to treat MTrPs & fascia

**The course will focus on practice** (70%):

- Diagnostics: screening tests for shoulder, neck and back pain
- Anatomy in vivo: Palpation of the myofascial structures (MTrPs & fascia) of shoulder, neck, torso and buttocks

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**Target group** Physiotherapists, medical doctors

**Date** Wednesday, January 17th (9:00 a.m.) to Sunday, January 22nd, 2024 (4:00 p.m.)

**Instructor** Roland Gautschi, MA / physiotherapist / senior-instructor IMTT, Switzerland

**Course location** 401 of the main building, Dong-eui institute of technology, 54, Yangji-ro, Busanjin-gu, Busan Republic of Korea

**Costs** Info to follow

**Organisator** Samwoo Immersion SWXR CAMPUS, Korea Rehab Pilates Academy

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