



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 110

Sub-Title: Myofascial Trigger Points of the Shoulder

Course Description: Shoulder Rehab 110, Myofascial Trigger Points of the Shoulder, is a 3-hour course designed for the clinician working with patients with shoulder pain. Myofascial pain of the shoulder is prevalent and commonly found in patients with shoulder dysfunction. This course will focus on myofascial trigger points including a philosophical framework. Palpation techniques, and treatment techniques will be explored including manual techniques and modalities. At the end of this lesson, the clinician will have a more thorough understanding and be better equipped to treat myofascial pain that is common in patients with shoulder dysfunction.

Target Audience: OT/OTA

Course Length: 3 hours

Course Author/Instructor: Donatelli, PhD, PT / Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the conclusion of the course, participants will be able to:

- Become familiar with the management of trigger points of the shoulder
- Recite criteria for identification of a myofascial trigger point
- Understand palpation techniques for identification of trigger points
- Describe the pathogenesis of trigger points
- Outline treatment options and treatment techniques for trigger points
- Outline the use of 5 modalities used for treating trigger points

Outline of Content:

Hour #1

Trigger Points

PALPATION RELIABILITY

Palpation Techniques

Pathogenesis

Hour #2

ETIOLOGY AND PERPETUATING FACTORS
MANAGEMENT STRATEGIES

Review of Treatment Options

Treatment Techniques

Noninvasive Manual Techniques

Trigger Point Compression Release and Massage

Massage Therapy

Myofascial Manipulation

Spray and Stretch

Trigger Point Intramuscular Manual Therapy/Dry Needling

Hour #3

Modalities

Ultrasound

Lasers

TENS

Shock Wave

Stretch and Strengthening

Clinical Implications

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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