

### **CSMP I: Online Lecture (10 hours)**

This program will provide an overview of muscle and fascia, myofascial pain syndromes and trigger points. Palpation, diagnosis, and a wide range of treatment options are then discussed, including treatment technique, legislation, and needle safety. The 25 muscles that we are going to focus on in this course are then covered extensively with an emphasis on location, referral patterns and treatment protocols per muscle group.

#### **Online Section 1:**

##### **Introduction**

1. Defining the relationship of muscle, fascia, and trigger points
2. Myofascial pain syndromes in cats/dogs & treatment
3. Palpation
4. Diagnosis including Gait Analysis
5. Acupuncture vs Dry Needling
6. Treatment, Needle Use and Techniques
7. Shockwave and laser
8. Kinesiology taping
9. Other modalities, needle safety and legislation

#### **Online Section 2:**

##### **Muscles**

1. Sternocleidomastoid (SCM), Omotraverse, Trapezius
2. Rhomboid, Supraspinatus, Infraspinatus
3. Deltoid, bicep, tricep
4. Teres, Latissimus dorsi, Pectorals
5. Superficial and middle glut, TFL, Piriformis
6. Hamstrings, adductors, and femoral triangle
7. Quadriceps, Sartorius, Gracilis
8. QL, paraspinals
9. Cranial tibial, gastrocnemius, conclusion

### **CSMP II: Live Hands-on Lab and Case Studies (14 hours)**

This portion of the course will provide the student with lecture and hands-on experience. Participants are guided through the evaluation and diagnostic principles of myofascial trigger points, how to select the correct treatment option and how to successfully implement that treatment protocol in a clinical setting.

There will be palpation labs on live dogs, the opportunity to learn and implement effective diagnosis and treatment plans and aftercare. Selected equipment such as therapeutic laser, extracorporeal shockwave, kinesiology tape and other relevant modalities will be available as treatment options.

Topics covered and learning objectives: an effective exam tailored at myofascial dysfunction, including posture and gait analysis, palpation techniques, diagnostics, all treatment options which will be demonstrated and then implemented by the students, after care and treatment plans.

Case studies will be discussed and assigned at this time. 3 case studies will be required within 90 days of the conclusion of the lab session.

Wet lab / practical curriculum:

**Day 1 Overview:** We will begin with a review of the textbook and online coursework. Day one will focus on the fore limb and neck to include palpation techniques, diagnosis, and treatment, which include laser, shock wave, trigger point therapy, myofascial therapy, and dry needling for those that can. We will also include stretches and demonstrate with dogs.

Day 1:

Recap of theory including questions  
Upper limb muscles  
Q and A Session and Day 1 Wrap-Up

**Day 2 Overview:** Begin with follow up on theory and online coursework for hindlimb muscles. Hindlimb and spinal muscles including palpation techniques, diagnosis, and treatment, which would include laser, shock wave, kinesiology taping, trigger point therapy, myofascial therapy, and dry needling for those that can. We will also include stretches and demo them on the dogs. Time will also be spent providing an overview of case study submission, guidelines, and expectations. We will conclude the lab course with a final Q and A session.

Day 2:

Recap of theory including questions  
Hindlimb and spinal muscles  
Review and expectations for Case Study submission  
Q and A and conclusion of course

**CSMP III: Online Final Exam**

After successful completion of CSMP I and CSMP II (including case studies), you are eligible to take the online examination to receive your UT-CSMP certification.

**Course Outline:**

CSMP I: Online Lecture  
CSMP II: Two-Day Live Lab Session  
CSMP III: Online Final Exam

**Pending RACE approval hours of CE: 24 hours**

### **Program Learning Objectives:**

Students of the Myofascial Practitioner Program will be trained on the following subjects, concepts, and competencies:

- Muscle and fascial functional anatomy and physiology
- Myofascial pain syndromes and myofascial trigger point classifications
- Palpation techniques
- Diagnosis and gait analysis
- Needle techniques and other treatment modalities
- Kinesiology taping
- Needle safety and legislation
- Muscle groups – identifying, diagnosing, and treating myofascial trigger points effectively

Upon completion of the Myofascial Practitioner Program, participants will have knowledge and be able to show proficiency in the following concepts:

- Identifying myofascial dysfunction and myofascial trigger points
- Demonstrate effective palpatory and diagnostic techniques specific to myofascial trigger points
- Develop a treatment plan including different treatment options such as myofascial dry needling, laser, extracorporeal shockwave, and other modalities.
- Discuss precautions and contraindications, as well as common reactions to trigger point therapy.
- Demonstrate efficiency and effectivity in the treatment options for their scope of practice.
- Develop a treatment plan and after care guidelines.