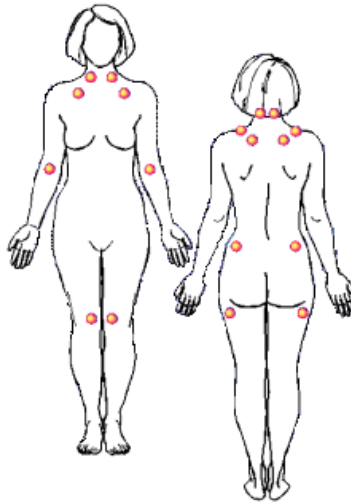




Western States Chiropractic College
presents:

FIBROMYALGIA, MUSCLE PAIN & DYSFUNCTION



November 7-8, 2009

8:30am - 5:30pm Saturday / 8:00am - 1:00pm Sunday

Hampton Hall-Western States Chiropractic College Campus
2900 NE 132nd
Portland, Oregon 97230

A 13 hour seminar by Dr. Michael Schneider reviewing the most current evidence, principles and mechanisms underlying the elusive fibromyalgia syndrome and muscle pain/dysfunction.

Please visit our website at www.wchiro.edu

ABOUT THIS PROGRAM

This course is designed to translate the complex neurologic mechanisms and principles of neuromuscular control and pain into easy-to-understand terms for the practicing clinician. Fibromyalgia syndrome is often confused with myofascial pain syndrome, and the two conditions will be clearly differentiated. The program will also feature a detailed discussion about how and why muscles become painful and dysfunctional, coupled with the best current evidence on how to manage these conditions.

COURSE OUTLINE

- Fibromyalgia Syndrome (FMS): What it is... and what it isn't. A novel reclassification of this elusive disorder into four distinct subsets:
 - Medical disorders
 - Metabolic disorders
 - Psychosomatic disorders
 - Musculoskeletal disorders
- Matching the appropriate treatment approach for FMS with the above subsets; including discussions about dietary and nutritional interventions, acupuncture, massage, manipulation, medications, exercise, and cognitive behavioral therapy.
- Presentation of a diagnostic algorithm for determining the root cause(s) of a fibromyalgia patient's widespread pain and fatigue.
- The integrated nature of the Neuro-Musculo-Skeletal system; the common neurological mechanisms that help explain why acupuncture, massage, and manipulation all can relieve pain and restore function.
- Understanding the important distinction between "focal" muscle dysfunction such as trigger points and tendinopathies versus "global" muscle dysfunction such as weakness, tightness, and faulty movement patterns.
- How to match the appropriate treatments to the type of muscle dysfunction; focal techniques like transverse friction and ischemic compression are better for focal muscle dysfunction whereas stretching, strengthening, and core stabilization exercises are better for global muscle dysfunction.
- How to differentiate the "tender" points of FMS from the "trigger" points of myofascial pain syndrome. Why peripheral treatments for FMS often fail.
- Review of how and why various types of muscle pain/dysfunction develop; a neurological explanation of the referred pain phenomenon and myofascial trigger points.
- A review of the current basic science mechanisms showing how and why trigger points and tendinopathies develop.
- Understanding the "big picture;" how soft tissue techniques and treatment of the muscular system fit into daily clinical practice.

THE SPEAKER



Michael Schneider, DC, PhD has been a chiropractor in private practice for 27 years and has extensive experience with fibromyalgia syndrome, numerous soft tissue techniques, and many rehabilitation protocols. He has taught post-graduate courses on these subjects for over 15 years. He completed a PhD in rehabilitation science at the University of Pittsburgh, where he has a full time faculty position as an Assistant Professor in the School of Health and Rehabilitation Sciences.

Dr. Schneider recently published two systematic reviews of the literature; one on fibromyalgia syndrome and one on myofascial pain syndrome. He has also published numerous articles and textbook chapters on various aspects of muscle pain and dysfunction, and has a comprehensive understanding of the soft tissue and rehabilitation literature. Dr. Schneider has lectured to chiropractors, physical therapists, massage therapists, and other bodyworkers; translating the scientific principles of muscle pain and dysfunction into easy-to-understand terms.

WESTERN STATES CHIROPRACTIC COLLEGE
2900 NE 132nd Avenue
Portland, OR 97230-3099

Non-Profit
Organization
U.S. Postage
PAID
Portland, OR
Permit No. 1183

**13 CE HOUR SEMINAR
FIBROMYALGIA SYNDROME
& MUSCLE PAIN/DYSFUNCTION**



Western States Chiropractic College is recognized by the
PACE program of the Federation of Chiropractic Licensing Boards
104 Years of Excellence in Education