

Workshop 2  
Understanding and Treating Myofascial Pain:  
 New Insights in Physical Exam, Ultrasonography, Fascial Anatomy  
 and Regenerative Treatments  
 Latin American Association of Orthopaedic Medicine 2018

8:30 – 9:15 AM	The Matrix of Myofascial Trigger Points, Sensitization and Chronic Pain: Integrating Advancements in the Pain Sciences with Clinical Evaluation and Assessment	Jay Shah, MD
9:15 – 9:45 AM	Rethinking Orthopedics through Biotensegrity: The Anatomy and Biomechanics of Nature	Brad Fullerton, MD
9:45 – 10:00 AM	Discussion with Q&A – Integrating Trigger Point Science and Biotensegrity	Gaston Topol, Jay Shah, Brad Fullerton
10:00 – 10:30 AM	Ultrasound Technologies Visualize and Characterize Myofascial Trigger Points and Surrounding Soft Tissue: Their Role as an Objective Outcome Measure	Jay, Shah, MD
10:30 – 10:45 AM	<b>Break</b>	
10:45 – 11:30 AM	Biotensegrity Central: Thoracolumbar Fascia (TLF) Anatomy and Ultrasonography	Brad Fullerton, MD
11:30 – 11:45 AM	Live Demo of TLF Ultrasonography.	Brad Fullerton, MD
11:45 – 12:30 AM	Chronic Myofascial Pain and Spinal Segmental Sensitization: Integrating Pain Mechanism with Objective Physical Findings and Treatment Strategies	Jay Shah, MD
12:30 – 1:30 PM	<b>Lunch</b>	
1:30 – 2:15 PM	Practical Application of Biotensegrity: Integrating Novel Physical Exam techniques, TLF Anatomy, Ultrasonography and Regenerative Injection using Dextrose and PRP	Brad Fullerton, MD
2:15 – 3:45 PM	Live Patient evaluation and treatment	Jay Shah, MD, Brad Fullerton MD
3:45 – 5:00 PM	Participant hands on ultrasonography and dry needling practice (as time allows)	Gaston Topol, Jay Shah, Brad Fullerton
5:00 PM	<b>Close of Session</b>	