



600 Waikiki Drive
Des Plaines, IL 60016

MYO SEMINAR SERIES
on Myofascial Trigger Point
Therapy Techniques



847.594.7413 • www.myopain.com



MYO SEMINAR SERIES

on Myofascial Trigger Point Therapy Techniques

*Acquire the fastest, most
effective pain relief techniques
through hands-on training with
a pioneer in the field.*

Program Director:
Sharon Sauer, CMTPT, LMT

Associate Program Director:
Mary Biancalana, CMTPT, LMT, MS, CPT



"Highly recommended" - David G. Simons, M.D.
"The leading myofascial trigger point therapist in the field"



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FOR CONTINUING EDUCATION

600 Waiikiki Drive • Des Plaines, IL 60016 • Phone: (847) 594-7413
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The Need For More Myofascial Trigger Point Therapists

90% of patients entering pain centers have myofascial trigger points causing pain. Yet, in the words of David G. Simons, M.D., co-author of Travell & Simons' The Trigger Point Manual, "Myofascial trigger points are commonly overlooked because the initial training of so few medical practitioners includes adequate instruction in the identification and treatment of myofascial trigger points."

Myofascial trigger point therapists frequently alleviate pain that is often associated with the following diagnoses:

- Tension Headache
- Migraine Headache
- Earache
- Nausea
- Dizziness
- Toothache
- Torticollis
- Upper Back Pain
- Lower Back Pain
- Sciatica
- Thoracic Outlet Syndrome
- Tennis & Golfer's Elbow
- Carpal Tunnel Syndrome
- Joint Dysfunction
- Irritable Bowel Syndrome
- Pelvic Pain
- Tendonitis
- Bone Spur
- Recurring Sprain
- Bursitis
- Neuralgia
- Arthritis
- Inflammation
- Fibromyalgia

After completing the MYO Seminar Series, you will know how to relieve pain through the practical application of Travell & Simmons trigger point management techniques; you will become skilled at locating and deactivating trigger points using a variety of techniques and modalities and also teaching patients to do the same; you will know how to identify and correct structural or nutritional stresses and other factors that perpetuate pain and reduce treatment efficacy; you will be able to work closely with physicians and other healthcare professionals to help patients achieve pain relief and full function. You will maintain a higher sense of personal fulfillment as you increase your earning potential, reduce your own repetitive overuse injuries and prolong your career.

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*Gerwin RD 1995, Fishbain DA 1986



MYO Program Directors

SHARON SAUER, CMTPT, LMT, Program Director

Sharon Sauer, an expert at treating chronic and acute soft-tissue pain, is one of the leading myofascial trigger point therapists (MTPTs) in the field with 22 years of experience in private practice. Sharon graduated from the Bonnie Prudden School of Physical Fitness and Myotherapy in 1984. In 1986, she became the first MTPT to practice in Chicago. She has made significant contributions to the field of MTPT, most notably the incorporation of self-care training into the treatment protocols of 60 categories of myofascial pain and dysfunction. Ms. Sauer has been refining and expanding upon the ground-breaking efforts of her mentor Janet Travell, MD, formerly President John F. Kennedy's personal physician. Dr. Travell was credited with enabling President Kennedy to overcome severe back pain and regain his mobility in the 1960's. Sharon Sauer was a featured speaker at the 1995 Annual Convention of the American Academy of Pain Management and has presented to many groups both locally and nationally on the application of MTPT to soft tissue pain and dysfunction. In 2004, Ms. Sauer co-chaired the Annual Convention of the National Association of Myofascial Trigger Point Therapists (NAMTPT). She has been interviewed by the Canadian National Broadcasting Company and Aware Talk Radio and was the subject of a profile on Chicago's Fox News (TV) in September of 2004. Sharon has taught trigger point management to many MD's, DO's, dentists, PT's, chiropractors, massage therapists and other health care practitioners.



MARY BIANCALANA, CMTPT, LMT, MS, CPT Associate Program Director

Mary Biancalana holds a BS from DePaul University in Teaching Physical Education and an MS in Education from Northeastern Illinois University. Mary has four current teaching licenses and over 20 years of teaching experience. She is a graduate of the MYO Seminar Series with 8 years of experience as a CMTPT and has served as Director of Therapy and Patient Self-Care for a fibromyalgia and myofascial pain clinic. Her speaking presentations include numerous fibromyalgia conferences, the City Colleges of Chicago, Women's Health Conferences, and the NAMTPT Annual Conferences. Mary and Sharon have collaborated on numerous presentations and projects over the years. In 2004, they co-chaired the annual convention of the NAMTPT. Mary's publications include a contributory chapter for the book, "Taking Charge of Your Fibromyalgia," 5th edition, by Rosalie Devonshire, LCSW and an internet interview and analysis on "The Use of Posture Control Insoles for Patients with Chronic Pain and Fibromyalgia", (see www.mortonsfoot.com).



MYO Seminar Series

PROVEN METHODOLOGIES

Course Director Sharon Sauer is one of the most well respected and experienced practitioners and instructors in the field and received training from both Janet Travell, M.D. and Bonnie Prudden. She also keeps up to date on the latest theories and techniques and teaches her students how to incorporate them into their treatment protocols.

"TRAVELL & SIMONS" PRACTICALLY APPLIED

MYO instructors have a knack for demonstrating exactly how practitioners can implement the principles found in [Travell & Simons' The Trigger Point Manual](#) and other textbooks in an every day practice. Ms. Sauer has developed the Sauer Myofascial Pain Identification Charts which show all the muscles that refer pain to each of 60 body areas, making it much easier for practitioners to identify the underlying causes of pain or dysfunction. These charts form a foundation for the modules.

EMPOWER YOUR PATIENTS TO TAKE AN ACTIVE ROLE

You will learn how to teach your patients customized muscle compression, stretching and range of motion techniques for each of 60 body areas. Practicum sessions also include instruction on the effective use of Body Therapy Balls, Backnobbers, Jacknobbers, Stretch-Out-Straps and other self-care tools. You will learn how to eliminate your own repetitive overuse injuries and extend your career.

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MYO Seminar Series Structure

Approximately 1/2 the MYO Seminar Series Structure hours include practical reviews of specific sections of Travell and Simons' The Trigger Point Manual. The remainder of the time includes demonstrations, guided hands-on practice and self-care technique practice. The Principles of Myofascial Trigger Point Therapy Module is held on Thursdays prior to modules from 12:30-8:00pm. (Registration 12:00-12:30 p.m.) Friday and Saturday workshops are held from 8:00-5:00pm (Registration 8:00-8:30am). Refreshments will be provided. Lunch on your own.

Paid students also have access to paper and electronic copies of class materials and documents used by myofascial trigger point therapists. All paid students receive a set of Sauer Myofascial Pain Identification Charts (\$30 value), Posture Control Insoles (\$45 value), Spray and Stretch vapocoolant (\$30 value) and an 8" goniometer (\$15 value).

MYO Seminar Series Prerequisites

1. The Principles of Myofascial Trigger Point Therapy module is a prerequisite for attendance at any of the other modules.
2. The Neck Module is a prerequisite for the Head & Jaw Module.
3. Students must have at least 11 MYO Seminar Series contact hours prior to registering for the Business of Myofascial Trigger Point Therapy Module.
4. Parts of Travell & Simons' The Trigger Point Manual, 2nd Edition (ISBN# 0-683-30771-1) are required reading prior to most modules. MYO Seminar Series students receive a 20% discount from the publisher.

Class Location

Classes are held in Glenview, Illinois, only 12 miles from Chicago O'Hare International Airport. Details will be sent by mail with registration confirmation.

Principles of Myofascial Trigger Point Therapy

FREE!

UPON COMPLETION OF THIS MODULE, PARTICIPANTS WILL BE ABLE TO:

- Attend other MYO Seminar Series modules
- Explain how the present understanding of trigger points was reached
- List five reasons why muscular dysfunction is the underlying cause of pain more often than most health care practitioners realize
- Describe etiology of MTrPs including the six-step positive-feedback cycle
- Demonstrate how to identify and correct for the most common factors that precipitate and perpetuate MTrPs
- Differentiate between muscles with MTrPs and normal muscles in terms of mechanical and biochemical characteristics
- Describe clinical features of MTrPs as determined by diagnostic history and diagnostic physical examination including referred pain patterns
- Identify techniques for deactivating trigger points including passive and active rhythmic release, trigger point pressure release, spray and stretch, trigger point injection, frequency specific microcurrent and low level laser therapy
- Begin using self-care techniques for deactivating trigger points including muscle compression, stretching and range of motion
- Explain importance of changing and adapting treatment techniques over time
- List common applications for MTPT
- Understand economic considerations that apply to MTPT
- Understand how myofascial trigger point therapists integrate with other practitioners



Neck Module & Head and Jaw Module

UPON COMPLETION OF THESE MODULES, PARTICIPANTS WILL BE ABLE TO:

- Identify conditions of the head and neck that are commonly misdiagnosed when myofascial dysfunction is not considered
- Identify and correct common factors that perpetuate trigger points in the head including the head forward position and jaw clenching
- Identify muscles and locate trigger points which can cause:
 - different types of head pain including back of head, top of head, temples ear pain, face/forehead/sinus pain and tooth pain
 - different types of headaches including migraine, tension, sinus and cluster
 - different types of jaw pain and dysfunction including misaligned bite, jaw popping, jaw noises, small mouth opening, locked jaw, tooth grinding and jaw clenching
 - different types of eye pain and dysfunction including eye blurring, limited eye movement and difficulty focusing
 - different types of ear pain and dysfunction including ear ringing (tinnitus), ear infections and nausea with headaches
- Demonstrate techniques for deactivating trigger points for all muscles that refer pain to the head and neck
- Teach patients a special headache relief program including muscle compression, stretching and range of motion techniques to restore full function to the head and neck
- Demonstrate how to objectively measure improvements in head and neck pain levels and range of motion using a pressure algometer and goniometer

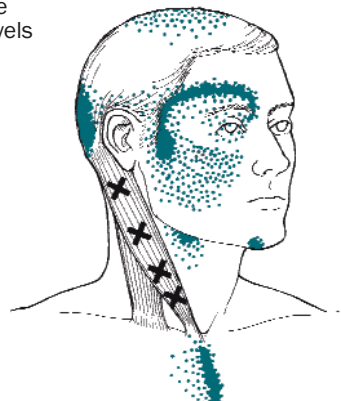


14
Contact
Hours

Neck Module

14
Contact
Hours

Head and Jaw
Module



"Sharon and Mary have a wealth of practical experience, and they generously share it with us. The approaches that they have for the resolution of facial pain, including muscular pain associated with temporomandibular joint dysfunction were readily implemented in my clinical practice and were of enormous benefit to my patients suffering from these problems."

Kevin McCoy, DDS, MS
Dentist / Orthodontist
Chicago, IL

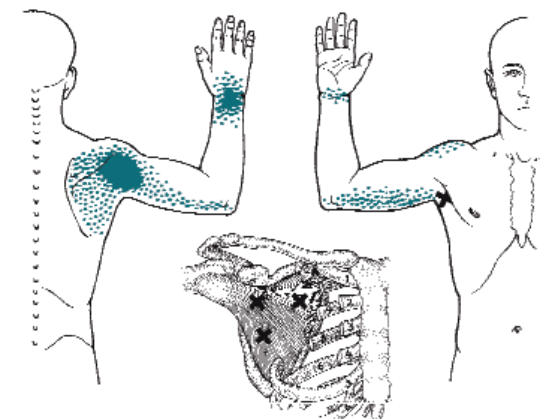
Shoulder, Upper Back and Upper Arm Module

UPON COMPLETION OF THIS MODULE, PARTICIPANTS WILL BE ABLE TO:

- Identify conditions of the upper back, shoulder and arm that are commonly misdiagnosed when myofascial dysfunction is not considered
- Identify and correct common factors that perpetuate shoulder trigger points, e.g., short leg and small hemi pelvis
- Identify muscles and locate trigger points which can cause:
 - rotator cuff pain
 - thoracic and pseudothoracic outlet syndrome
 - frozen shoulder and winged scapula
 - chronic pain between shoulder blades and under scapula
 - snapping, crunching, clicking or catching noises during movement of shoulder
 - deep, aching pain that 'caps' the shoulder and extends down the arm
 - deep, throbbing pain in the front of the shoulder and weakness in raising arm
 - pain under arm on lateral side of chest
- Demonstrate techniques for deactivating trigger points for all muscles that refer pain to the upper back, shoulder and upper arm
- Teach patients a customized self-care program including muscle compression, stretching and range of motion techniques to restore full function to the shoulder and arm
- Demonstrate how to objectively measure improvements in shoulder and arm pain levels and range of motion using a pressure algometer and goniometer



14
Contact
Hours



Forearm and Hand Module

UPON COMPLETION OF THIS MODULE, PARTICIPANTS WILL BE ABLE TO:

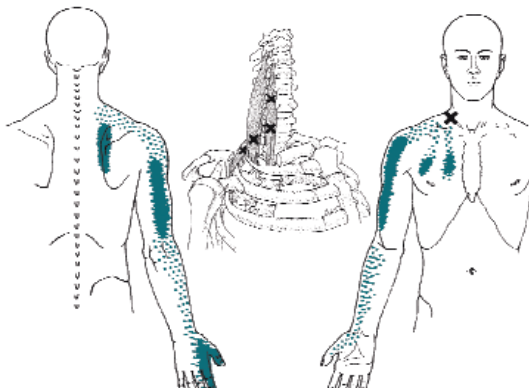
- Identify conditions of the forearm and hand that are commonly misdiagnosed when myofascial dysfunction is not considered
- Identify and correct common factors that perpetuate trigger points in the forearm and hand
- Identify muscles and locate trigger points which can cause:
 - pseudo carpal tunnel syndrome
 - repetitive strain injury
 - mouse arm
 - over use injuries of musicians
 - painful weak grip
 - stiff fingers, trigger fingers and thumbs
 - tennis elbow
 - numbness or painful vibration along fingers and thumbs
 - writer's cramp
 - prickly feeling in palm
 - arthritic pains in fingers and hands
- Demonstrate techniques for deactivating trigger points for all muscles of the lower arm, elbow and hand
- Demonstrate how to objectively measure improvements in hand and arm pain levels and range of motion using a pressure algometer and goniometer
- Teach patients a customized self-care program including muscle compression, stretching and range of motion techniques to restore full function to the arm and hand
- Recognize the warning signs of wrist, finger and thumb overuse injuries and demonstrate techniques for preventing these injuries (and for extending careers)



Learn to prevent and treat hand overuse injuries.



Learn to prevent and treat musician overuse injuries.



Chest, Abdomen and Middle Back Module

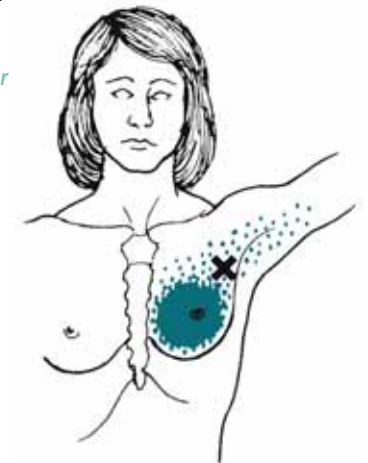
UPON COMPLETION OF THIS MODULE, PARTICIPANTS WILL BE ABLE TO:

- Identify conditions of the chest, abdomen and middle back that are commonly misdiagnosed when myofascial dysfunction is not considered
- Identify and correct common factors that perpetuate trigger points in the torso such as paradoxical breathing
- Identify muscles and locate trigger points which can cause:
 - pseudo angina
 - pseudo cervical radiculopathy
 - deep substernal ache
 - breathing dysfunction
 - panic attacks
 - deep scapular pain
 - pseudo visceral pain
 - pseudo appendicitis
 - pain in mid-back that "never goes away"
- Demonstrate techniques for deactivating trigger points on yourself or another person for all muscles that refer pain to the chest, abdomen and middle back
- Teach patients a customized self-care program including muscle compression, stretching and range of motion techniques to restore full function to the arm and hand
- Demonstrate how to objectively measure improvements in torso pain levels and range of motion using a pressure algometer and goniometer



"It's 'Travell and Simons' practically applied in a clear organized way, one muscle at a time. The guided hands-on segments really helped improve my trigger point identification skills."

Elizabeth Zarzycka, MD, LMT
Medical Doctor
Licensed Massage Therapist
Des Plaines, IL



Low Back Module & Buttocks and Sacrum Module

UPON COMPLETION OF THESE MODULES, PARTICIPANTS WILL BE ABLE TO:

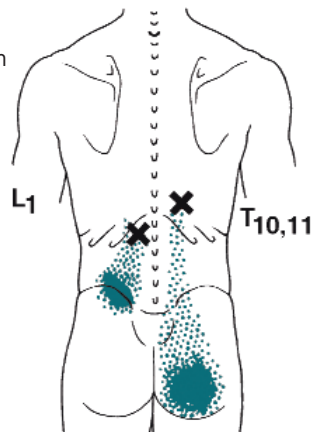
- Identify conditions of the lower back and buttocks that are commonly misdiagnosed when myofascial dysfunction is not considered
- Identify and correct common factors that perpetuate trigger points in the lower back and buttocks such as short leg, small hemi pelvis, long second toe, prolonged sitting and paradoxical breathing
- Demonstrate how to perform postural muscle strengthening exercises and 6-part Kraus-Weber Postural Muscle Fitness Test
- Identify muscles and locate trigger points which can cause:
 - lower back pain
 - pain radiating over buttock into leg
 - excessive or absent lumbar lordosis
 - pain over SI joint or SI joint dysfunction
 - failed low back post-surgical syndrome
 - walking with a limp
 - collapsing hip syndrome
 - severe tenderness of hip
 - pain when rising from sitting position
 - gluteal atrophy due to entrapment
 - forward, backward and sideways tilt of pelvis
- Demonstrate techniques for deactivating trigger points for all muscles that refer pain to the lower back and buttocks
- Teach patients a customized self-care program including muscle compression, stretching and range of motion techniques to restore full function to the shoulder and arm
- Demonstrate how to objectively measure improvements in lower back and buttocks pain levels and range of motion using a pressure algometer and goniometer



Lower Back Module



Buttocks and Sacrum Module



"My patients are finally getting long lasting relief from their pain problems. It is definitely worth the six hour drive to get to class."

Pamela Gipp, LMT
Licensed Massage Therapist
Decorah, IA

Thigh and Knee Module

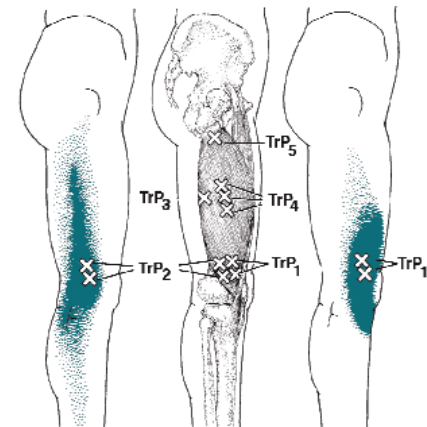
UPON COMPLETION OF THIS MODULE, PARTICIPANTS WILL BE ABLE TO:

- Identify conditions of thigh and knee that are commonly misdiagnosed when myofascial dysfunction is not considered
- Identify and correct common factors that perpetuate trigger points in the thigh and knee such as Morton's Foot Structure, short leg and forward head posture
- Identify muscles and locate trigger points which can cause:
 - collapsing leg syndrome
 - decreased hip stability
 - posterior pelvic tilt
 - commonly occurring ACL injuries
 - pseudo arthritis
 - pain at the back of the knee
 - pain felt deep in the knee
 - deep aching pain at night above knee
 - pain around outside edge of knee
 - difficulty getting leg straight after sitting
 - severe pain over entire length of lateral thigh
 - deep groin pain
- Demonstrate techniques for deactivating trigger points for all muscles that refer pain to the thigh and knee
- Teach patients a customized self-care program including muscle compression, stretching and range of motion techniques to restore full function to the thigh and knee
- Demonstrate how to objectively measure improvements in thigh and knee pain levels and range of motion using a pressure algometer and goniometer



"Taking the MYO Seminar Series has strengthened my massage therapy skills. I am really getting to the root cause of my patients' problems."

Teresa Flores, ND, LMT
Doctor of Naturopathy
Licensed Massage Therapist
Hoffman Estates, IL



Calf and Ankle Module & Foot Module

UPON COMPLETION OF THESE MODULES, PARTICIPANTS WILL BE ABLE TO:



- Identify conditions of calf, ankle and foot that are commonly misdiagnosed when myofascial dysfunction is not considered
- Identify and correct for factors that perpetuate pain the leg, ankle and foot such as Morton's Foot Structure, hyperpronation, fallen arches and leg length inequality using posture control insoles, arches and heel lifts
- Identify muscles and locate trigger points which can cause:

- toe pain, toe numbness
- clawtoe
- hammer toe
- night cramps of toe extensors
- arch pain
- heel pain and "jogger's heel"
- pain in sole of foot when running
- pain over top of foot
- pain over achilles tendon
- ankle pain
- recurring sprained ankle
- limited ankle range of motion
- anterior compartment syndrome of the lower leg
- calf cramps
- pseudo tear of calf
- pronation and supination of foot
- tarsal tunnel syndrome
- edema of foot

14
Contact
Hours

Calf and Ankle
Module

14
Contact
Hours

Foot Module

- Demonstrate techniques for deactivating trigger points for all muscles that refer pain to the calf, ankle and foot
- Teach patients a customized self-care program including muscle compression, stretching and range of motion techniques to restore full function to the calf, ankle and foot
- Demonstrate how to objectively measure improvements in leg and foot pain levels and range of motion using a pressure algometer and goniometer

"The pain identification charts which are included with the classes allow me great power to quickly identify the muscles that need to be treated. I'm not chasing the complaints. I'm eliminating them at the root source! Bravo to the MYO Seminar Series!

Carla Hedtke, MS, BS
Myofascial Trigger Point Therapist
Green Bay/Oconto Falls, WI

Fibromyalgia and Complex Myofascial Pain Syndromes Module

UPON COMPLETION OF THIS MODULE, PARTICIPANTS WILL BE ABLE TO:



- Distinguish between fibromyalgia and myofascial pain syndrome
- Teach patients why it is possible to recover from fibromyalgia
- Explain factors that need to be corrected in many fibromyalgia patients, such as systemic candida, hypothyroidism, hypoglycemia, small hemi-pelvis, short leg and paradoxical breathing; and what can be done to correct them
- Identify the characteristics of systemic candida
- Reduce patient hypersensitivity to treatment using special self-care techniques that gradually increase in intensity
- Explain other ways in which treatment of fibromyalgia patients needs to be approached differently
- Demonstrate the use of a vapocoolant spray with fibromyalgia patients
- Demonstrate how to use a pressure algometer to test for the 18 tender points in fibromyalgia patients and objectively measure improvements in pain levels
- Demonstrate how to objectively measure improvements in range of motion using a goniometer

14
Contact
Hours

"The MYO seminar series was a wonderful investment in my continued growth and education as a massage therapist. Sharon and Mary are passionate about the many benefits of myofascial trigger point therapy and they live what they teach in the classroom. The work itself is amazing, and you have only to experience it to realize the benefits first hand. The curriculum gives you a clear understanding of the theory as well as providing you plenty of hands on time. Myofascial trigger point therapy is a full spectrum therapy that teaches you to assess, treat, and then educate each patient you see to eliminate the pain they are presenting with. Self-care is a critical element to this work and I have found it to be instrumental in my continued health, as well as the health of my clients. There is not a day that goes by that I do not use these techniques, personally and with clients. I have not found a more effective treatment for eliminating pain and restoring health to the body."

Lynne Laughery, LMT
Licensed Massage Therapist
Round Lake, IL

Acute and Sports Injuries Module

UPON COMPLETION OF THIS MODULE, PARTICIPANTS WILL BE ABLE TO:

- Describe how myofascial dysfunction occurs after various types of injuries
- Contrast the differences between standard practice for acute and sports injuries (Rest, Ice, Compression and Elevation or RICE) and the methods of the MTP therapist (MICE)
- Explain why trigger point techniques can help the athlete get back into the game within 15-30 minutes of being injured
- Locate and deactivate trigger points in muscles that refer to an injured area
- While muscles are "on the stretch," demonstrate understanding of 15 minute myofascial quick fix protocols by: putting muscle tissue on stretch and doing gentle compression over general area, performing gentle or deep gliding strokes with a lubricant on hands and spraying vapocoolant
- Perform 15 minute myofascial quick fixes for headaches, rotator cuff pain, upper and lower back pain, hip pain, medial elbow pain ("Golfer's Elbow"), hand pain from gripping golf clubs, lateral elbow pain ("Tennis Elbow"), knee pain and foot pain
- Identify levels of ligament strain after injuries as described by sports injury specialist Dr. Angelique Mizera, D.O.



"The complete MYO Seminar Series has changed the way I practice. After my first weekend of class, my patients noticed that I was treating them with increased effectiveness and efficiency. No longer am I treating a 'mystery' pain that never seems to disappear completely. My happy client list continues to grow especially since I teach self-care techniques I learned from the MYO Series. I am still amazed on a daily basis how well these techniques work!"

Renee Giron, LMT
Licensed Massage Therapist
Chicago, IL

The Business of Myofascial Trigger Point Therapy

UPON COMPLETION OF THIS MODULE, PARTICIPANTS WILL BE ABLE TO:

- Identify career options available to the trigger point therapist
- Know the steps to take in order to become certified
- Create the right therapeutic relationship with patients
- Understand how to use standard forms utilized by the myofascial trigger point therapist for initial evaluation, treatment SOAP notes, perpetuating factors and treatment plans
- Prepare and communicate an effective treatment plan for patients and their physicians
- Become familiar with the equipment of the myofascial trigger point therapy practice including the hydraulic massage table, body support system, bolsters, hydrocollator, therapeutic ultrasound, frequency specific microcurrent, low level laser, pressure algometer and goniometer
- Know how to use the supplies of the myofascial trigger point therapy practice including Fomentek bags, Mother Earth pillows, Spray and Stretch vapocoolant, Backnobbers, Jacknobbers, Index Knobbers, body therapy balls, foam rollers, stretch out straps and various other tools
- Help your patients receive maximum insurance reimbursement
- Implement proven ways of marketing the MTPT practice
- Interface effectively with the professional community
- Interface effectively with myofascial doctors and be able to treat and train patients following injections
- Practice self-care by preventing and treating the pain in thumb from compression, wrist pain from hand in bent position, low back pain from leaning over table, pain from standing in one place, lower leg pain from standing and leaning over table and pain from "muscling it" with the elbow, shoulder or hand



Policies

ACCREDITATION:

MYO, LLC is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider.



FEES AND DISCOUNTS:

- Tuition for the 6-hour Principles of Myofascial Trigger Point Therapy Module is **FREE!** This is a prerequisite for all other classes in the MYO Seminar Series.
- Tuition for the rest of the MYO Seminar Series may be paid using one of four options:
 - A) \$3,024 in advance
 - B) \$1,680 in advance and \$1,680 in six months (\$3,660)
 - C) \$630 in advance and \$315 per month for ten months (\$3,780)
 - D) Students may attend individual modules if there is space available. The cost for individual modules is \$175 per 7 hour module, \$350 per 14 hour module.
- All prices above include the \$50 early bird discount for registrations received 21 days or more prior to the day the module begins
- MYO will continue to offer the same modules at future dates not yet published, but you may still pre-pay for them in order to get the series rates. You may take the 13 modules in the Sauer Seminar Series in any order.

REGISTRATION:

Please fill out the enclosed registration form and fax or mail it to:

Mark Axelson, MBA
Program Coordinator
MYO Seminar Series
600 Waikiki Drive
Des Plaines, IL 60016

(847) 594-7413
(419) 728-7950 fax
general@myopain.com
www.myopain.com

CANCELLATION:

- 80% refund if registration is cancelled at least 14 days prior to the day the module begins.
- No refund if registration is cancelled less than 14 days prior to the day the module begins. Credit for future modules will be issued.



Visit us on the web at:
www.myopain.com

ENDORSEMENTS:

"Sharon Sauer has been a major contributor to a better appreciation, and understanding of myofascial trigger points (MTrPs) by health care professionals for some 18 years. She has done a remarkable job of keeping up with progress and knowing what others are doing in the field. Current clinical research literature is still remarkably void of appreciation of MTrPs so training programs are the best continuing education source at this time, and Sharon's is highly recommended. Since musculoskeletal pain is by far the most common cause of pain in humanity, and since MTrPs are THE most common CAUSE of that pain, the patients of any clinician who deals with musculoskeletal pain (who doesn't?) will benefit by that clinician attending one of Sharon's courses. It will also help to reduce the treatment frustration level of the clinician."

- **David G. Simons, M.D.**

Co-author, Travell & Simons' The Trigger Point Manual

"Mrs. Sharon Sauer is the leading myotherapist in the field with many years of experience in private practice. She also has successful extensive teaching experience. Sharon is an expert in diagnosis and treatment of Trigger Points (MTrPs) and Myofascial Pain Syndrome (MPS). She was trained by Dr. Janet Travell and is one of the best students of this world-renowned pioneer in trigger point management. I have witnessed Sharon's excellent teaching skills at meetings. Sharon also developed innovative and very useful teaching materials for identification of MTrPs. I am convinced that Sharon is superbly qualified for teaching trigger point management in curriculums of osteopathic physicians, as well as massage therapists."

- **Andrew A. Fischer, M.D., Ph.D.**

Developer, Segmental Neuromyotherapy Approach

"I have known Sharon Sauer for 20 years and have found her to be competent, caring and sharing. She is a very skillful practitioner. When she teaches, she brings a unique combination of myofascial trigger point knowledge and manipulative skills. She shows her students when to treat, where to do treatment and exactly how to do it."

- **Tasso G. Spanos, CMTPT**

Founder, Pittsburgh School of Pain Management

