

16th Annual Update Conference on Neurology & Neurophysiology

Monday, February 17, 2020 ♦ Sheraton Hotel, Tel Aviv, Israel

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MYOFASCIAL HANDS-ON WORKSHOP Headache, head, face, neck and shoulder pain

Coordinators: Robert Gerwin and Simon Vulfsons

- LIMITED TO 25 PARTICIPANTS -



Headache and upper body pain are very common, second only to low back pain in prevalence of pain complaints to primary care physicians. Patients seek help from a myriad of specialists who often overlook the myofascial causes of these pain syndromes. In this introductory workshop, we present an overview of the diagnosis and treatment of both acute and chronic myofascial pain syndromes of the shoulder, head, face and neck.

PROGRAM*

08:30 Registration, exhibition & coffee

09:00 Introduction to the myofascial aspects of migraine and tension-type headache

Simon Vulfsons, Israel

09:30 Introduction to the myofascial aspects of facial pain, orofacial pain, and differential diagnosis

Bob Gerwin, USA

10:00 Introduction to dry needling

John Kent, Israel

10:30 Coffee break + exhibition

11:00 Dry needling of facial and orofacial muscles

Bob Gerwin, USA

11:45 Dry needling of the muscles of the head related to headache

John Kent, Israel

12:30 Dry needling of the neck muscles related to headache I

Robert Satran, Israel

13:15 Lunch + exhibition

14:15 Dry needling of the neck muscles related to headache II

Robert Satran, Israel

15:00 Dry needling of the paraspinal muscles of the neck related to neck pain

Simon Vulfsons, Israel

15:45 Coffee break + exhibition

16:00 Dry needling of shoulder muscles related to head, neck and shoulder pain

Simon Vulfsons, Israel

16:45 Wrap-up

The Israeli Society of Musculoskeletal Medicine also offers a 2-day full course in 2020 on dry needling for myofascial pain in the upper body designed specifically for those physicians who deal with this population of patients.

THE INSTRUCTORS

Dr. Bob Gerwin is associate professor of neurology on the part-time faculty of Johns Hopkins. He has maintained both a private clinic treating neuromuscular pain and headache and myofascial pain and related disorders in Bethesda, Maryland, USA and a neurology pain clinic at Johns Hopkins until his retirement from active clinical practice at the end of 2016. He continues to write, collaborate in clinical research projects, and lecture and teach. He is past-president of the International Myopain Society. He has lectured on myofascial pain and fibromyalgia worldwide, has written numerous articles and book chapters on myofascial pain and neuromuscular pain and headache, and has co-edited several books in this field. He is section editor for musculoskeletal pain for the journal Pain Medicine. He has participated in teaching programs on myofascial pain in Israel for more than 15 years.

Dr. Simon Vulfsons is an Israeli board certified specialist in Internal Medicine and Pain Relief. He is currently the Director of the Institute for Pain Medicine, Rambam Health Care Campus, Haifa. He is the past chairman of the Israel Musculoskeletal Society and a current board member as well as past president of the International Federation for Musculoskeletal Medicine. Dr. Vulfsons established the Rambam School for pain medicine in 2009 and together with colleagues, especially Dr. John Kent, has been actively involved in teaching all aspects of pain medicine and myofascial pain to Doctors, Nurses, and allied paramedical professionals.

Dr. John Kent is a specialist in Family Medicine with 35 years' experience in the management of myofascial pain. He is one of the founding members of the Israeli Society of Musculoskeletal Medicine and is still active on its Board of Directors. After having worked for almost 40 years in community primary care clinics, as well as at the Institute for Pain Medicine at Rambam Hospital (Haifa, Israel), Dr. Kent is now devoting his time to teaching and maintains a private practice in the north of Israel.

Dr. Robert Satran is a specialist in family medicine, instructor in the family medicine resident education program, Dept. of Family Medicine, Ben Gurion University Faculty of Health Sciences. He is currently a resident in pain medicine at Rambam Medical Center Institute for Pain Medicine and has 5 years of experience in the diagnosis and treatment of myofascial pain syndrome in primary care settings and community based pain clinics. Dr. Satran is a board member and head of the education committee of the Israeli Society of Musculoskeletal Medicine.