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Course # Course Title

Webinar Date

Name Discipline

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Home Mailing Address

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E-mail Address for Confirmation (will not be shared or sold)

**Webinar Cancellation Policy:** Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the webinar. After that time, a credit for a future Motivations event may be awarded.

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## WEBINAR #7413 Evidence-Based Interventions for Myofascial Trigger Points

Instructor:

Dawn T. Gulick, PhD, PT, ATC, CSCS

Audience:

Physical Therapists, Occupational  
Therapists, Assistants and Athletic Trainers

Delivery Options:

Live Webinar or Self-Study Options

# Motivations, Inc.

**SUMMARY:** This webinar is an evidence-based approach to intervention techniques used to manage myofascial trigger points. The information will explain the historical and current rationale for the development and therapeutic interventions of myofascial trigger points (MTrP). We will discuss the referral patterns of MTrP and the various treatment techniques and their effectiveness. Current evidence will be cited. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

**PRESENTER:** **Dawn T. Gulick, PhD, PT, ATC, CSCS** is a Professor of Physical Therapy at Widener University in Chester Pennsylvania. She has been teaching for over 20 years. Her areas of expertise are orthopedics, sports medicine, modalities, and medical screening. As a clinician, she has owned a private orthopedic/sports medicine practice. She also provides athletic training services from the middle school to elite Olympic level. As a member of the Olympic Sports Medicine Society, Dr. Gulick has provided medical coverage at numerous national and international events. As a scholar, Dr. Gulick is the author of 4 books (Ortho Notes, Screening Notes, Sport Notes, Mobilization Notes), 4 book chapters, & > 40 peer-reviewed publications in 18 different journals. She has over 75 professional & civic presentations. Dr. Gulick is the recipient of numerous modest research grants. Dr. Gulick is also a reviewer for several journals and home study courses. *Financial*— Received a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

**OBJECTIVES:** Upon completion of this course, the participant will be able to:

1. List at least 4 signs & symptoms of a myofascial trigger point.
2. Identify the 3 pathophysiological conditions that coincide to generate a myofascial trigger point.
3. Understand and explain the referral pattern of a myofascial trigger point in at least 2 upper extremity & 2 lower extremity muscles.
4. Based on the literature, implement at least 2 therapeutic interventions for a myofascial trigger point.
5. Apply intervention strategies to improve work, ADL, and leisure performance.

**FORMAT:** This is a 3-contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

**PT CEU's:** Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

**OT CEU's:** Motivations Inc. is an AOTA Approved Provider of professional development. Provider # **4002**. This Live and Distance Learning—Interactive and Distance Learning—Independent and Blended/Hybrid activity is offered at 0.3 CEUs **Intermediate-Level**, Occupational Therapy Service Delivery, Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products or clinical procedures.

**ATC CEU's:** Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.

## AGENDA:

**Pre-Study: 30 Minutes** Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

- 5 min: Introduction
- 15 min: Pathophysiology of a myofascial trigger point
- 20 min: Myofascial referral patterns
- 70 min: Evidence-based interventions
- 10 min: Case examples, questions, comments, & discussion

**Post-test: 30 Minutes** Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.