



The International Myopain Society Presents:

Myofascial Pain and Fibromyalgia: Clinical Seminars on Preventing Chronic Pain

September 19-20, 2014

Airport/Mall of America Hilton | Minneapolis, Minnesota

Background. Myofascial pain and fibromyalgia are the most common chronic pain conditions, are the #1 reason for seeking care, and #1 cause of disability, and are two conditions that drive health care costs. Yet, we often fail to deliver long term successful care for these conditions, primarily due to our lack of engaging, empowering, and educating patients to reduce risk factors and boost protective factors associated with chronic pain. There is a dramatic need to train health care providers in identification and treatment of myopain conditions, using a new model of health care that can transform their clinical practices with interdisciplinary integrative and personalized care strategies to treat chronic pain from myofascial pain and fibromyalgia while training patients in reducing risk factors and enhancing protective factors and prevent the impact chronic pain can have on their lives.

About the Meeting. This is a meeting you want to attend! Thousands of people participated in the MOOC entitled Preventing Chronic Pain: A Human Systems Approach (www.coursera.org/course/chronicpain) making it the largest pain management course ever with 23,000 participants from 175 different countries. Many of the speakers from the MOOC will be presenting clinically oriented seminars on chronic pain at the Hilton in Minneapolis, Minnesota on September 19th and 20th, 2014. Cutting-edge research, clinical innovations, and practical seminars for all types of health care providers will be offered.

Schedule at a Glance

Time	Room	Session
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Thursday, September 18, 2014

3:00 pm – 6:00 pm	Registration Desk	Registration
6:00 pm – 9:00 pm	Presidential Suite 1100	Board of Directors / Strategic Planning Meeting <i>Members Welcome to Attend</i>

Friday, September 19, 2014

7:30 am – 8:30 am	Registration Desk	Registration
8:15 am – 8:30 am	Ballroom I	Welcome. Dr. James Friction DDS, MS, IMS President Introductions by Alfred Clavel MD Program Co-chair
8:30 am – 9:30 am	Ballroom I	Neuroimaging in Fibromyalgia <i>Patrick B. Wood MD</i>
9:30 am – 10:30 am	Ballroom I	Complementary & Alternative Interventions for Fibromyalgia: <i>Kim Dupree Jones PhD</i>
10:30 am – 10:45 am	Ballroom II/Foyer	Break – Exhibitor Presentation
10:45 am – 12:30 pm	Ballroom I	Fibromyalgia Seminar: The Molecular Basis for Optimal Treatment <i>I. Jon Russell MD, PhD, ACR Master</i>
12:30 pm – 1:30 pm	Ballroom II/Foyer	Lunch
1:30 pm	Ballroom I	Introductions by I Jon Russell MD, PhD
1:30 pm – 2:15 pm	Ballroom I	Introductions: Low Back Pain: Diagnosis and Treatment <i>Robert Gerwin MD</i>
2:15 pm – 3:15 pm	Ballroom I	Integrative Concepts for Chronic Pain: Bringing it Together <i>Alfred Clavel Jr. MD</i>
3:15 pm – 3:45 pm	Ballroom II/Foyer	Break – Exhibitor Presentation
3:45 pm – 5:15 pm	Ballroom I	Hands-On Dry Needling Workshop <i>Jan Dommerholt PT, DPT, MPS, DAAPM, Peh Yan Soo, PT</i>
6:00 pm – 8:00 pm	White Pelican Bay	VIP Social / Speaker Meet and Greet

Saturday, September 20, 2014

8:15 am – 8:30 am	Ballroom I	Introductions by Kim Dupree Jones PhD Preview of next IMS Meeting in Hawaii
8:30 am – 9:30 am	Ballroom I	Self-Care and Resiliency in the Face of Chronic Pain <i>Kate Hathaway PhD, LP</i>

9:30 am – 10:00 am	Ballroom I	Diagnostic Criteria for Myopain Disorders: Results from the NIH/NIDCR RDC Study <i>Eric Schiffman DDS, MS</i>
10:00 am – 10:30 am	Ballroom II/Foyer	Break and Exhibitor Presentation
10:30 am – 12:00 pm	Ballroom I	Management of Myofascial Pain and Trigger Point Injection Workshop <i>Bernadette Jaeger DDS</i>
12:00 pm – 1:00 pm	Ballroom II/Foyer	Lunch Served and Poster Review
1:00 pm	Ballroom I	Announcements and Introduction by Robert Gerwin MD
1:00 pm – 2:00 pm	Ballroom I	Role of the Clinical Health Psychologist in the Treatment of Myopain <i>Mark Weisberg PhD, ABPP</i>
2:00 pm – 3:00 pm	Ballroom I	Integrative Care for Chronic Pain <i>Miles Belgrade MD</i>
3:00 pm – 3:15 pm	Ballroom II/Foyer	Break – Visit Exhibits and Posters
3:15 pm – 4:30 pm	Ballroom I	Preventing Chronic Pain using a Transformative Care Model <i>James Friction DDS, MS</i>
4:30 pm – 5:00 pm	Ballroom I	Meeting Ending & Final Announcements

PROGRAM AGENDA

Thursday, September 18, 2014

Registration Hours	Registration Desk
3:00 pm – 6:00 pm	Registration
Business Meeting	Presidential Suite 1100
6:00 pm – 9:00 pm	Board of Directors / Strategic Planning Meeting <i>Members Welcome to Attend</i>

Friday, September 19, 2014

Registration Hours	Registration Desk
7:30 am – 8:30 am	Registration
	Ballroom I
8:15 am – 8:30 am	Welcome. Dr. James Friction, International Myopain Society President <i>Introductions by Dr. Alfred Clavel, Program Co-Chair</i>

Session 1: Advances in Fibromyalgia

Seminar	Ballroom I
8:30 am – 9:30 am	Neuroimaging in Fibromyalgia <i>Patrick B. Wood MD</i>

The objective of this presentation is to summarize findings from neuroimaging studies conducted in patients with fibromyalgia and discuss their implications regarding pathophysiology and treatment. Fibromyalgia is associated with a variety of brain abnormalities demonstrable by neuroimaging that correlate with patient's symptoms. Future neuroimaging studies that take into account distinguishing characteristics among different populations of fibromyalgia patients may help to improve approaches to treatment and provide insight as to the pathophysiology of symptoms in addition to chronic widespread pain.

Seminar

Ballroom I

9:30 am – 10:30 am

**Complementary & Alternative Interventions for Fibromyalgia:
Show Me the Evidence**
Kim Dupree Jones PhD

The purpose of this presentation is to better understand Eastern traditions that may be promoted for our patients with fibromyalgia. The talk, Complementary and Alternative Interventions for Fibromyalgia, will give both evidence based and practical considerations for decision making regarding including traditional Chinese Medicine (herbal medications, acupuncture, massage (Tui na), and exercise (qigong, tai chi and yoga) and mindfulness.

Break – Exhibitor Presentation

Ballroom II/ Foyer

10:30 am – 10:45 am

Break and Exhibitor Presentation

Workshop

Ballroom I

10:45 am – 12:30 pm

Fibromyalgia Syndrome: The Molecular Basis for Optimal Treatment
I. Jon Russell MD, PhD, ACR Master

The insight offered in this presentation will have been informed by graduate level training in biochemistry, 35 years of academic research on fibromyalgia syndrome, and 40 years of treating this condition. It will assume an audience familiar with the presentation, clinical findings, diagnostic criteria, and contemporary challenges to therapy for patients with fibromyalgia. It will begin with a molecular level view of fibromyalgia pathogenesis and show why contemporary therapy often fails when simple modifications of that therapy can offer gratifyingly successful outcomes.

Ballroom II / Foyer

12:30 pm – 1:30 pm

Lunch and Visit to Minnesota National Wildlife Refuge (on own)

Session 2: Concepts of Regional Myopain Conditions

1:30 pm

Ballroom I

Introductions by I Jon Russell MD, PhD

Seminar

Ballroom I

1:30 pm – 2:15 pm

Low Back Pain: Diagnosis and Treatment
Robert Gerwin MD

This is a lecture presentation on the myofascial pain as a cause of low back pain and dysfunction. Differential diagnostic treatments and examination aspects will be presented.

Seminar

Ballroom I

2:15 pm – 3:15 pm

Integrative Concepts for Chronic Pain: Bringing it Together

Alfred Clavel Jr. MD

Over the past three decades, several emerging areas of investigation have provided evidence on the important impact that stress, mood, and psychophysiological states can have on the development, course, and outcome of medical illness. New developments in pain mechanisms, such as neuroplastic phenomena, pain modulation, neurogenic inflammation and mind-body interactions are challenging our traditional approaches to the treatment and management of chronic conditions. Myofascial pain and fibromyalgia are now recognized as central sensitization syndromes. Initially, from an empirical observation, and now, from a molecular and physiologic perspective, we are rapidly discovering the neurobiological mechanisms that provide the connectivity and interaction between the mind, body, and spirit.

Participants will improve patient care by learning both a more integrative model for conceptualizing headache and myofascial pain, improving assessment, and learning specific strategies for successful intervention that are particularly effective for reducing the frequency, intensity, and intrusiveness of both headache and myofascial pain.

Break and Exhibits

Ballroom II/ Foyer

3:15 pm – 3:45 pm

Break and Exhibitor Presentation

Workshop

Ballroom I

3:45 pm – 5:15 pm

Hands-On Dry Needling

Jan Dommerholt PT, DPT, MPS, DAAPM

Peh Yan Soo, PT

Myofascial trigger points are a common feature of nearly all pain syndromes, including fibromyalgia, and are characterized by persistent pain, loss of function and movement impairments. Treatment may involve manual therapy techniques, including dry needling or injections, correcting biomechanical and postural dysfunction, and restoring normal movement patterns. This workshop includes a brief introduction to dry needling, trigger points and myofascial pain. Participants will be introduced to dry needling of trigger points in a few select muscles and review the anatomy, function, and dry needling techniques for each muscle.

Social Event:
Speaker and Participant Meet and Greet

White Pelican Bay Room

6:00 pm – 8:00 pm

VIP Social / Speaker and Participant Meet and Greet

Saturday, September 20, 2014

8:15 am – 8:30 am

Ballroom I

Announcements and Introduction by Robert Gerwin MD

Session 3: Understanding the Patient with Myopain Conditions

Seminar

Ballroom I

8:30 am – 9:30 am

Self-Care and Resiliency in the Face of Chronic Pain

Kate Hathaway PhD, LP

This presentation will focus on the cognitive and emotional components of pain. We will review the role of learning, and of thought and emotion on pain experience, and discuss how changes in thought and emotion can significantly impact the pain experience. Components of resiliency, well established in the scientific literature, will be outlined and encouraged as ways to positively impact pain.

Seminar

Ballroom I

9:30 am – 10:00 am

**Diagnostic Criteria for Myopain Disorders:
Results from the NIH/NIDCR RDC Study**

Eric Schiffman DDS, MS

Dr. Schiffman will present the findings from the recently published Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) with a focus on muscle related pain disorders: myalgia and its three subgroups: local myalgia, myofascial pain and myofascial pain with referral. He will also give an overview of the DC/TMD's Axis I biomedical diagnoses and Axis II biobehavioral assessment protocol and how it is being used as a model for other pain disorders. This research was supported in part by NIH/NIDCR U01-DE013331, U01-DE017018 and U01-DE019784.

Break and Exhibitors

Ballroom II/ Foyer

10:00 am – 10:30 am

Break and Exhibitors

Workshop

Ballroom I

10:30 am – 12:00 pm

Management of Myofascial Pain and Trigger Point Injection Workshop

Bernadette Jaeger DDS

Myofascial pain has been shown to be the most prevalent cause of chronic pain across many disciplines of medicine. Success of care for myofascial pain is based on identifying and treating all trigger points and reducing all perpetuating factors. Trigger point injections are one of most efficacious treatment strategies when they are used in the context of a comprehensive management program that emphasizes treatment of trigger points and control of perpetuating factors. This workshop will discuss overall management and when trigger point injections are indicated and describe how they are best performed for maximum effect and the best prognosis.

Lunch and Visit to Minnesota National Wildlife Refuge

Ballroom II / Foyer

12:00 pm – 1:00 pm

Lunch Served and Poster Review

Seminar

Ballroom I

Session 4: Managing the Whole Patient with Chronic Pain

1:00 pm

Ballroom I

Introductions by Kim Dupree Jones PhD

1:00 pm – 2:00 pm

Role of the Clinical Health Psychologist in the Treatment of Chronic Pain

Mark Weisberg PhD, ABPP

Many chronic pain patients maintain significant distress in spite of the usual regimen of appropriate treatments. The diversity and presentation of chronic pain symptoms (e.g. severity, duration, degree of functional disability) can be explained by the interrelationship among pathophysiologic changes, psychological functioning, and the social and cultural factors that effect a patient's perception and response to distress. The clinical health psychologist is needed in order to assess and treat these critical risk factors and problems.

In this presentation, Dr. Weisberg will describe the role of the clinical health psychologist in the treatment of complex chronic pain. He will clarify how the training of the clinical health psychologist differs from that of the generalist clinical psychologist, and why this is relevant for myofascial pain treatment. He will also describe the various types and levels of intervention that the clinical health psychologist engages in, in order to improve treatment outcomes, especially with the resistant patient. This will also be illustrated in a case example.

Seminar

Ballroom I

2:00 pm – 3:00 pm

Integrative Care for Chronic Pain

Miles Belgrade MD

Integrative care has become an important component of mainstream medicine. Acupuncture and other complimentary and alternative treatments provide a rich complement to the treatment of pain and have a growing body of scientific

research that illuminates their mechanisms and the mechanisms of chronic pain. This presentation will provide an organizational framework for the spectrum of alternative and complementary therapies used in pain with an emphasis on acupuncture; and will review some of the recent clinical and basic science.

Break and Exhibits

Ballroom II/ Foyer

3:00 pm – 3:15 pm

Break and Exhibits

Workshop

Ballroom I

3:15 pm – 4:30 pm

Preventing Chronic Pain Using a Transformative Care Model

James Friction DDS, MS

The efficacy of biomedical pain management treatments is dramatically enhanced with self-management strategies that empower, engage, and train the patients. The practical concepts behind transformative care including human systems, cybernetics, chaos theories shift the paradigms of health care to enhance outcomes, patient satisfaction, and cost control in health care.

Ballroom I

4:30 pm – 5:00 pm

Meeting Ending & Final Announcements

Speaker Biographies



Miles Belgrade

Miles Belgrade is a neurologist and pain specialist. He has been medical director of pain management services for over 25 years and most recently was the Chairman of the Fairview Pain Management Center at University of Minnesota Health. He is adjunct professor in the Department of Neurology at the University of Minnesota. Dr Belgrade has studied acupuncture in Sri Lanka and London and has taught acupuncture to physicians, medical students and residents for the past 25 years. He has published on a broad range of pain topics including alternative and complementary treatments for pain.



Alfred Clavel Jr.

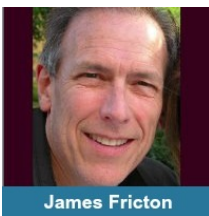
Alfred L. Clavel Jr., M.D. is a Neurologist in Minnesota. He is Board Certified by the American Academy of Neurology and Psychiatry with Subspecialty Certification in Pain Medicine and by the American Board of Pain Medicine. He is Past-President of the Minnesota Society of Clinical Hypnosis. He served as Medical Director of the Hennepin County Medical Center Pain Program from 1993 to 2006. He is co-owner of the Minnesota Head and Neck Pain Clinic, St Paul, Minnesota and currently works at the Fairview Pain Management Center, Fairview University Medical Center, Minneapolis, MN.

Dr. Clavel teaches and trains health professionals nationally on topics related to psychoneuroimmunology, headache, chronic pain and the integration of hypnosis and mind-body medicine with tradition medicine. He is a member of the University of Minnesota Pancreatitis Group.



Jan Dommerholt

Jan Dommerholt, PT, DPT, MPS, DAAPM, is a Dutch-trained physical therapist who holds a Master of Professional Studies degree with a concentration in biomechanical trauma and health care administration, and a Doctorate in Physical Therapy from the University of St. Augustine for Health Sciences. Dr. Dommerholt has taught many courses and lectured at conferences throughout the United States, Europe, South America, and the Middle East while maintaining an active clinical practice. He is on the editorial board of the *Journal of Musculoskeletal Pain*, the *Journal of Bodywork and Movement Therapies*, the *Journal of Manual and Manipulative Therapy*, and *Cuestiones de Fisioterapia*. He has edited several books on myofascial trigger points and manual physical therapy. He has authored nearly 60 book chapters and over 80 articles on myofascial pain, fibromyalgia, complex regional pain syndrome, and performing arts physical therapy. He prepares a quarterly literature review column on myofascial pain for the *Journal of Musculoskeletal Pain*. Dr. Dommerholt is president/CEO of Myopain Seminars, Bethesda Physiocare®, and PhysioNeedle, and CEO of PhysioFitness.



James Friction

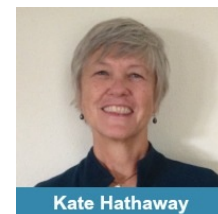
Dr. Friction is a Professor Emeritus, University of Minnesota, Senior Researcher with the HealthPartners Institute for Education and Research, and a Pain Specialist at the Minnesota Head and Neck Pain Clinic. He is currently President of the International Myopain Society, has been President of the American Academy of Orofacial Pain, the American Board of Orofacial Pain, and on the board of the American Pain Society. He is an avid

researcher on pain, information technology and consumer engagement.



Robert Gerwin

Robert Gerwin, MD, Past President of IMS. Dr. Gerwin is Medical Director and President of Pain and Rehabilitation Medicine. He is also an attending physician at the Johns Hopkins Pain Treatment Center and part-time faculty of Johns Hopkins University School of Medicine. Prior to entering private practice, he completed a fellowship at the National Institutes of Health and served in the Medical Corps of the United States Air Force. Dr. Gerwin has worked with the late Dr. Janet Travell, who developed the concepts and management approach of myofascial pain. Dr. Gerwin has been refining the techniques of trigger point injection and dry needling for over two decades. He is one of the editors of the well-received medical text book *Clinical Mastery in the Treatment of Myofascial Pain* published by Lippincott, Williams & Wilkins. He has written many chapters and articles, and he has lectured worldwide on the topics of the etiology, nature, and management of musculoskeletal and chronic pain syndromes. He is on the American Pain Society committee to develop guidelines for the treatment of fibromyalgia. Dr. Gerwin is on the editorial board of the *Journal of Musculoskeletal Pain*. He is a Fellow of the [American Academy of Neurology](#), and a Diplomate of the American Academy of Pain Management, from which he received the prestigious Janet G. Travell, MD Soft Tissue Management Award in 1994. Dr. Gerwin is certified in pain management by the American Academy of Pain Medicine



Kate Hathaway

Kate Hathaway, PhD, LP
Clinical health psychologist with 30+ years of experience working with chronic pain and illness. Dr. Hathaway worked for 30

years in the TMD and Orofacial Pain Clinic at the University of Minnesota. Now work as half time core faculty at the Minnesota School of Professional Psychology training graduate students, and teach through the Center for Spirituality and Healing at the University of Minnesota. I also maintain a psychotherapy private practice.



Dr. Bernadette Jaeger is Associate Professor in the Department of Anesthesiology, UCLA School of Medicine and the Section of Oral Medicine and Orofacial Pain, UCLA School of Dentistry. She is Chair of the Oral Exam Committee of the American Board of Orofacial Pain, having been actively involved in both written and oral examination development since the Board's inception in 1994. As academic faculty in the Department of Anesthesiology, UCLA School of Medicine, Dr. Jaeger developed and directed both a post MD/DDS fellowship training program and a patient care program for chronic head and neck pain at the UCLA Pain Management Center.



Kim Dupree Jones PhD is an associate professor in the School of Nursing, having taught at Oregon Health & Science University since 1996. Her Bachelors of Science in Nursing is from the University of Tennessee. Her masters and family nurse practitioner are from Emory University in Atlanta, GA. Her PhD is in nursing with a focus on exercise physiology is from Oregon Health & Science University. She also completed post-doctoral work in neuroendocrine physiology. She have been adjunct faculty or research faculty in the School of Medicine at OHSU, The University of Arizona at Tucson, National College of Natural Medicine, Portland, and Morehouse and Spellman Colleges, Atlanta, GA. She is a Fellow of the American Academy of Nursing.



I. Jon Russell, MD, PhD, ACR Master Doctorate in Biochemistry and Nutrition from the University of Nebraska, Lincoln; Medical School and internship at Loma Linda University in Southern California; Internal Medicine and Rheumatology at the Mayo Clinic, Rochester, Minnesota; Internal Medicine and Rheumatology faculty at the University of Texas Health Science Center at San Antonio for 32 years, ending in 2010 with retirement; Medical Director, Fibromyalgia Research and Consulting for 4 years; Over 300 academic publications; MOOC Pain Faculty 2014; Patient's Choice Award 2008; Listed-The Best 2000 Doctors in America 1997; Arthritis Foundation Humanitarian Award 1994.

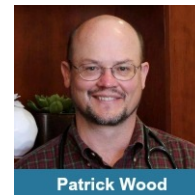


Eric Schiffman is an associate professor and Director of the Division of TMD and Orofacial Pain at the University of Minnesota. He has received over \$12 million in research funding from the National Institutes of Health (NIH) and has over 50 publications. He has lectured locally, nationally and internationally on topics pertaining to the prevalence, etiology, diagnosis, and management of patients with TMD. Past research includes developing and publishing revised validated Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) for the most common TMD - for use in both the clinical and research settings. His current research assesses the longitudinal impact of TMJ intra-articular disorders on jaw pain, function and disability. He manages TMD and Orofacial Pain patients in inter-disciplinary clinics at the University of Minnesota and in his private practice at the Minnesota Head and Neck Pain Clinic.



Dr. Mark Weisberg is a Board-Certified Clinical Health Psychologist in Minneapolis, Minnesota. He is Adjunct Community Faculty, Academic Health Center, University of Minnesota. He is a Fellow of the American Psychological Association, American Society of Clinical Hypnosis, and American Academy of Clinical Health Psychology. He also consults at the Minnesota Head and Neck Pain Clinic in St Paul MN.

He has been involved in clinical practice, teaching, and consultation in integrative mind-body medicine for over 25 years. He has many publications in the medical, dental, and psychological scientific literature. Dr. Weisberg is the co-author of Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems without Drugs (Conari Press, 2013), a consumer book on integrative treatment of digestive disorders.



Patrick B. Wood, MD is founder and medical director of Integrative Health Associates, a unique clinic dedicated to the evaluation and treatment of patients with fibromyalgia and related disorders in Madison, Mississippi. He previously directed the Fibromyalgia Research Program and Fibromyalgia Care Clinic at LSU Health Sciences Center in Shreveport, LA, where he served as assistant professor in the Departments of Family Medicine, Anesthesiology and Psychiatry. Dr. Wood attended medical school and completed residency training in Family Medicine at LSU Health Sciences Center in Shreveport, Louisiana. Following his residency, he undertook an additional research fellowship in Psychopharmacology and Neuroimaging within the LSU Department of Psychiatry. He has served as Visiting Scholar at the Centre for Research on Pain at McGill University in Montreal, Canada. He has been twice recognized by the National Institutes of Health for his innovative research.