



The Israeli Society of
Musculoskeletal Medicine



החברה הישראלית
לרפואה מוסקולו-סקלטאלית



INTRODUCTORY COURSE TO MUSCULOSKELETAL MEDICINE

THE 27TH INTERNATIONAL JERUSALEM SYMPOSIUM ON SPORTS INJURIES

28th January 2010

Program:

08:00-08:15	registration
08:15-09:30	introduction to intramuscular stimulation
09:30-10:30	anatomy and technique for dry needling of the trapezius and gluteus medius
10:30-10:45	coffee break
10:45-12:15	practical session*

Price: 250 NIS (incl. VAT)

Covers course expenses, and certificate of Israel Society of Musculoskeletal Medicine.

* Only health professional s with academic degrees & Ministry of Health License are permitted to practice. This includes MD's, physiotherapists, chiropractors, osteopaths, nurses, etc (if they have an academic degree & licence).

MUSCULOSKELETAL MEDICINE IN AND BEYOND SPORTS

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Musculoskeletal pain is an enormous problem in the developed world, being a leading cause of disability and absenteeism. Sports people also suffer greatly from musculoskeletal disorders causing many ruined careers. Only a small percentage of musculoskeletal problems are surgical, and most should be managed conservatively (a phrase used by orthopaedic surgeons to indicate anything but surgery).

The medical disciplines potentially involved in medical treatment of musculoskeletal problems are orthopaedic surgeons, rheumatologists, GP's, family practitioners, sports physicians, internists, physiatrists, neurologists, anaesthesiologists and pain specialists. For a variety of reasons, none of these disciplines are dedicated to this major field, leaving a large deficit in clinical research and knowledge.

The treatment of musculoskeletal disorders includes many approaches including manual techniques, stretching, intramuscular stimulation, prolotherapy (with glucose or platelet rich plasma) and many others. The art of musculoskeletal medicine is in accurately evaluating the patient and prescribing the correct combination of the different techniques.

One technique mentioned, intramuscular stimulation (IMS), although never mentioned in most medical school curriculae, has the potential for resolving attacks of low back pain, tendinopathies, entrapment syndromes such as carpal tunnel syndrome, patellofemoral pain, cervicalgia, shoulder pain, tennis elbow and many other musculoskeletal ailments. There are various theories supporting the implementation of IMS such as mild neuropathy and muscle energy crisis causing radiating muscle pain, a symptom rarely mentioned in medical schools and certainly never seriously contemplated.

We will demonstrate the concept of intramuscular stimulation with examples of the different types of conditions it can help, hoping to arouse interest in this fascinating field and getting more people involved both clinically and in research.