Trigger Point Chains in Rib Dysfunction

Instructor: Magdalena Lepsikova, Mgr, PT
July 22, 2027: 9:00am – 5:00 pm
July 23, 2027: 9:00 – 4:00 pm

The "Functional approach" is a holistic way of understanding the complexity and intricacies of the motor system. Neuromuscular techniques directed by the clinician need to be followed up by specific exercise prescription according to the patient's findings, for positive outcome measures. This 2-day course will focus on typical functional trigger point chains found with rib dysfunction (findings by Mojzisova – a Czech physiotherapist specializing in back pain and functional sterility).

Course Learning Objectives

- **Map Myofascial Chains:** Palpate and identify how blockages in the 1st–7th ribs trigger reflex spasms upward (tension headaches, neck pain) and downward (pelvic floor dysfunction).
- **Locate Key Trigger Points:** Pinpoint hyperirritable zones in the *scalenes*, *pectoralis major*, *levator scapulae*, and intercostal muscles linked to rib restrictions.
- **Master Mobilization Techniques:** Perform Mojžíšová's original manual protocols using *pectoralis major* leverage and shoulder rotation to clear costo-vertebral and costo-sternal blocks.
- **Apply Post-Isometric Relaxation (PIR):** Utilize patient breathing synkinesis and minimal manual resistance to dissolve protective thoracic muscle guarding.
- **Differentiate Pseudo-Visceral Pain:** Distinguish musculoskeletal rib blockages from internal medical pathologies (e.g., a 4th rib block mimicking cardiac distress).
- **Integrate Women's Health Protocols:** Connect rib mobility and breathing dynamics to the relaxation of the pelvic floor (*levator ani*).
- **Prescribe Autotherapy:** Instruct patients in targeted home exercises and diaphragmatic breathing to maintain clinical corrections.

Location:

Evergreen Physical Therapy
111 South Hudson
Pasadena, CA 91001

Registration:

$695 + required Prague Fee registration fee of 100 Euros
Light refreshments will be provided. LUNCH on your own.
Spaces are limited so please sign up early to reserve your spot in the class.

1.2 CEUs (12 contact hours) pending approval from CPTA.