

Student Content - Myofascial Pain and TPI

Folder Guide and Descriptions

- **Articles**

Academic research and review papers about myofascial pain, trigger points, dry needling, imaging findings, and manual therapy techniques. These are for deeper reading and evidence support behind what you learn in the course.

- **Clinic Resources**

Practical reference tools for clinical use. Includes billing and diagnostic code guides, supply lists, and useful resource links. These help you apply TPI confidently in day to day practice.

- **Pain Referral Pattern Drawings**

Visual reference maps that show where pain commonly radiates from specific trigger points. Organized by upper and lower body for quick lookup during assessment.

- **Patient Resource**

Printable handouts and consent forms for clinic use. Helps your patients understand TPI and supports informed consent and patient education.

- **Protocols**

Quick step by step treatment guides for commonly treated regions. Used as a clinical reference after the course to support safe and consistent practice.

- **Study Materials**

The core learning package for the course, including introduction, practice skills, lower and upper body muscle modules, and additional resource content. These match what is covered in the in person sessions.

- **Videos**

Demonstration recordings of technique applications and scar treatment methods. Includes folders for lower and upper body content. Intended for review and skill reinforcement after hands-on training.

- **Summary of Research on Local Anesthetic Trigger Point Injections.pdf**

A standalone research summary document recently added for participants to understand the mechanism and evidence behind local anesthetic injection into trigger points.

- **Patient Education Resources from Dr. Naran's Website.pdf**

This PDF includes patient-friendly educational information from Dr. Naran's website that you may find helpful when discussing myofascial pain and trigger point treatment with patients. It is intended as a reference and support tool for patient education.