

The 20 Best Muscles

לגעת בכאב **Touching the pain**
 החברה הישראלית לרפואת שריר שלד
 The Israeli Society of Musculoskeletal Medicine



The Rambam School
 of Pain Medicine
 Rambam Health Care Campus



The Institute of Pain Medicine, Spencer Bldg (11), Rambam Hospital, Haifa
 המכון לרפואת כאב, בניין ספנסר 11, הקריה לבריאות האדם רמב"ם, חיפה

Day 1		Lecturer	Muscles learnt
16:00 - 16:30	00:30	Arrival and Registration	
16:30 - 17:30	01:00	1-1 Review of Internet lectures: essentials and "pearls"	Day 1 1-2 Biceps 30mn 1-3 Gastrocnemius 50mn 1-3 Soleus 50mn
17:30 - 18:30	01:00	1-2 Dry Needling technique - Safety and Precautions <i>practice session on sponge/fruit/self/partner/ biceps</i>	
18:30 - 19:15	00:45	Dinner	
19:15 - 21:30	02:15	1-3 Calf and foot pain	Finestone
<u>04:45</u>			
Day 2			Day 2
08:00 - 08:30	00:30	2-1 Pearls from Day 1	Day 2 2-2 ExtCarpiRadLongus 30mn 2-3 Supraspinatus 50mn 2-3 Infraspinatus 40mn 2-3 Latissimus dorsi 40mn
08:30 - 10:00	01:30	2-2 Forearm pain	
10:00 - 10:30	00:30	Break	
10:30 - 12:45	02:15	2-3 Shoulder Pain	
12:45 - 13:00	00:15	Clinical assignment	
<u>04:30</u>			
Day 3			Day 3
16:00 - 16:15	00:15	3-1 1) Pearls from Day 2 2) Participants' clinical experience from previous week	Day 3 3-2 Gluteus medius 75mn 3-2 Gluteus minimus 75mn 3-2 Piriformis 50mn 3-3 Erector spinae 40mn 3-3 Quadratus lumborum 75mn 3-3 Multifidi 50mn
16:15 - 17:00	00:45	Low Back pain and leg pain-a musculoskeletal approach	
17:00 - 19:00	02:00	3-2 Hip and Low back pain	
19:00 - 19:30	00:30	Dinner	
19:30 - 21:00	01:30	3-3 Back pain	
<u>03:45</u>			
Day 4			Day 4
08:00 - 08:30	00:30	4-1 Pearls from Day 3	Day 4 4-2 Rectus Femoris 40mr 4-2 Vastus Medialis 40mr 4-2 Vastus lateralis 50mr 4-2 Hamstrings 30mr 4-2 Adductor Longus/Brevis 50mr 4-2 Adductor Magnus 50mr 4-3 Trapezius 40mr
08:30 - 11:00	02:30	4-2 Thigh and Knee pain	
11:00 - 11:30	00:30	Break	
11:30 - 12:30	01:00	4-3 Head and Neck Pain	
12:30 - 13:00	00:30	Course summary, feedback and certificates	
<u>04:30</u>			
<u>17:30</u>			