

# CERTIFICATION EXAMINATION FOR MYOFASCIAL TRIGGER POINT THERAPISTS

*HANDBOOK FOR CANDIDATES*



**2020 Testing Periods Coming Soon**



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This handbook contains necessary information about the Certification Examination for Myofascial Trigger Point Therapists. Please retain it for future reference. Candidates are responsible for reading these instructions carefully. This handbook is subject to change.

**NOTE:**

**Exam Dates for 2020 are not currently available. Please contact CBMTPT for more information at [info@cbmpt.org](mailto:info@cbmpt.org)**

For questions regarding certification or recertification, contact:

Professional Testing Corporation (PTC)

Phone (212) 356-0660

Fax (212) 356-0678

[www.ptcny.com](http://www.ptcny.com)

## CERTIFICATION

The Certification Board for Myofascial Trigger Point Therapists (CBMTPT) endorses the concept of voluntary, periodic certification by examination for all myofascial trigger point therapists. Certification is one part of a process called credentialing. It focuses specifically on the individual and is an indication of current competence in a specialized area of practice. Board certification in myofascial trigger point therapy is highly valued and provides formal recognition of basic myofascial trigger point therapy knowledge.

## PURPOSES OF CERTIFICATION

TO PROMOTE DELIVERY OF SAFE AND EFFECTIVE CARE IN MYOFASCIAL TRIGGER POINT THERAPY PRACTICE THROUGH THE CERTIFICATION OF QUALIFIED MYOFASCIAL TRIGGER POINT THERAPISTS BY:

1. Recognizing formally those individuals who meet the eligibility requirements of the Certification Board for Myofascial Trigger Point Therapists and pass the Certification Examination for Myofascial Trigger Point Therapists.
2. Encouraging continued personal and professional growth in the practice of myofascial trigger point therapy.
3. Establishing and measuring the level of knowledge required for certification in myofascial trigger point therapy.
4. Providing a standard of knowledge requisite for certification; thereby assisting the employer, public, and members of the health professions in the assessment of myofascial trigger point therapists.

## ELIGIBILITY REQUIREMENTS

In order to be deemed eligible to sit for the Certification Examination for Myofascial Trigger Point Therapists, the candidate must meet one of the following eligibility requirements as of the application deadline:

- A graduate of a 500-hour myofascial trigger point therapy program in the US, or the equivalent in other countries **(A copy of diploma must accompany Application)** OR
- A graduate of a 500-hour massage program **(A copy of diploma must accompany Application)** OR
- A licensed Allied Health Care Professional **(Copy of current registration, certification, or license must accompany Application)**

Note: Almost every state now has Licensure for Massage Therapists. This qualifies Allied Health Care Professionals to sit for the examination. However, training in a trigger point therapy education program would greatly help success in deepening knowledge in this field.

The candidate must also complete and send in an Application for the Certification Examination for Myofascial Trigger Point Therapists and pay the required fee.

## EXAMINATION ADMINISTRATION

The Certification Examination for Myofascial Trigger Point Therapists is administered during an established two-week testing period on a daily basis, Monday through Saturday, excluding holidays, at computer-based testing facilities

### **ONLINE TESTING SOFTWARE TUTORIAL**

A Testing Software Demo can be viewed online by visiting <http://www.ptcny.com/cbt/demo.htm>. This online Testing Software Demo can give you an idea about the features of the testing software.

## ATTAINMENT OF CERTIFICATION AND RECERTIFICATION

Eligible candidates who pass the Certification Examination for Myofascial Trigger Point Therapists are eligible to use the registered designation CMTPT after their names and will receive certificates from the CBMTPT. A registry of Certified Myofascial Trigger Point Therapists will be maintained by the CBMTPT and may be reported in its publications.

Certification is recognized for a period of five years at which time the candidate must retake and pass the current Certification Examination for Myofascial Trigger Point Therapists or meet such alternative requirements as are in effect at that time in order to retain certification.

## REVOCATION OF CERTIFICATION

Certification will be revoked for any of the following reasons:

1. Falsification of an Application.
2. Misrepresentation of certification status.

The Appeals Committee of the CBMTPT provides the appeal mechanism for challenging revocation of Board Certification. It is the responsibility of the individual to initiate this process.

## COMPLETION OF APPLICATION

Complete or fill in as appropriate ALL information requested on the Application. Mark only one response unless otherwise indicated.

**CANDIDATE INFORMATION:** Starting at the top of the Application, print your name, address, daytime phone number, evening phone number, e-mail address, and choice of examination date in the appropriate row of empty boxes.

**ELIGIBILITY AND BACKGROUND INFORMATION:** All questions must be answered. Mark only one response unless otherwise indicated.

**SCHOOL/PROGRAM:** If applying under eligibility route number 1 - Question G - on the Application, indicate which school you successfully completed a program in myofascial trigger point therapy and the year of completion, using the code numbers on page 3:

<b>SCHOOL</b>	<b>CODE NUMBER</b>
Academy for Myotherapy and Physical Fitness, Lenox, MA.....	11
[Only graduates prior to 1989]	
Bonnie Prudden School , Lenox, MA .....	12
[Only graduates prior to 1984]	
Shaw Myotherapy Institute, Springfield, VA .....	13
[Only graduates prior to March, 2003]	
Institute of Medical Careers, Pittsburgh, PA.....	15
Myo Seminars, Chicago, IL.....	16
360 Seminars, Needham, MA.....	17
Myopain Seminars, Bethesda, MD.....	18
American Institute for Myofascial Studies (AIMS), Albuquerque, MN.....	19
Therapy Works, WA .....	20
Beyond Trigger Points, FL.....	21

**STATE LICENSE:** If you live in a state that requires a license to touch, please list your state license number and its expiration date. **Enclose copy of current license with this application.**

**OPTIONAL INFORMATION:** These questions are optional. The information requested is to assist in complying with equal opportunity guidelines and will be used only in statistical summaries. Such information will in no way affect your test results.

**CANDIDATE SIGNATURE:** When you have completed all required information, sign and date the Application in the space provided.

Mail the Application with a **copy of your diploma and a copy of your state license**, if applicable, and the appropriate fee (see FEES on page 4) in time to be received by the deadline shown on the cover of this Handbook to:

**CBMTPT EXAMINATION  
PROFESSIONAL TESTING CORPORATION  
1350 Broadway, Suite 800  
New York, New York 10018**

## FEES

Application fee for the Certification Examination for Myofascial Trigger Point Therapists ..... \$325.00

MAKE CHECK OR MONEY ORDER PAYABLE TO:

**PROFESSIONAL TESTING CORPORATION**

Visa, MasterCard, and American Express are also accepted. Please complete and sign the credit card payment form on the application.

## REFUNDS

**There will be no refund of fees. Fees will not be transferred from one testing period to another.**

## REPORT OF RESULTS

Candidates will be notified in writing within four weeks after the testing period has ended whether they have passed or failed the examination. Scores on the major areas of the examination and on the total examination will be reported. Successful candidates will also receive certificates from the CBMTPT.

## REEXAMINATION

The Certification Examination for Myofascial Trigger Point Therapists may be taken as often as desired upon filing of a new Application and fee. There is no limit to the number of times the examination may be repeated.

## CONFIDENTIALITY

1. The CBMTPT will release the individual test scores ONLY to the individual candidate.
2. Any questions concerning test results should be referred to CBMTPT in care of the Professional Testing Corporation.

## CONTENT OF EXAMINATION

The Certification Examination for Myofascial Trigger Point Therapists is a computer-based examination composed of a maximum of 250 multiple-choice, objective questions with a total testing time of four (4) hours.

The content for the examination is described in the Content Outline starting on page 7.

The questions for the examination are obtained from individuals with expertise in myofascial trigger point therapy and are reviewed for construction, accuracy, and appropriateness by the CBMTPT.

The CBMTPT, with the advice and assistance of the Professional Testing Corporation, prepares the examination.

The Certification Examination for Myofascial Trigger Point Therapists will be weighted in approximately the following manner:

I. Myofascial Anatomy and Physiology.....	25%
II. Myofascial Pathophysiology .....	12%
III. Patient History and Evaluation.....	30%
IV. Therapeutic Techniques and Interventions .....	25%
V. Professional Conduct .....	8%

## CONTENT OUTLINE

### I. MYOFASCIAL ANATOMY AND PHYSIOLOGY

- A. Muscles
  - 1. Anatomy and Physiology
    - a. Attachment and Function
    - b. Biochemistry
    - c. Muscle Fiber Arrangement
    - d. Current Concepts
- B. Fascia
  - 1. Fascial and Connective Tissue Function
- C. Myofascial Neurology
  - 1. Reflex Mechanisms
  - 2. Proprioception

### II. MYOFASCIAL PATHOPHYSIOLOGY

- A. Fundamental Principles of Pain
- B. Trigger Point Formation Theories
- C. Trigger Point Anatomy, Physiology, and Pathophysiology
  - 1. Trigger Point Referral Patterns
  - 2. Precipitating Factors
    - a. Direct Trauma
    - b. Repetitive Action
    - c. Acute Overload
    - d. Chilling

- e. Other
- 3. Perpetuating Factors
  - a. Nutritional
  - b. Psychological
  - c. Systemic
  - d. Mechanical

### **III. PATIENT HISTORY AND EVALUATION**

- A. Patient History and Intake
  - 1. Medical History
  - 2. Chief Complaint
    - a. Onset
    - b. Symptoms
    - c. Characteristics
    - d. Pain Mapping
  - 3. Patient Lifestyle
- B. Patient Examination
  - 1. Assessment
    - a. Palpation
    - b. Posture
    - c. Gait
    - d. Other
  - 2. Tests
    - a. Muscle
    - b. Neurological
    - c. Orthopedic

### **IV. THERAPEUTIC TECHNIQUES AND INTERVENTIONS**

- A. Clinical Reasoning and Treatment Planning
- B. Techniques
  - 1. Manual TrP Release
  - 2. Spray and Stretch
  - 3. Stretching Techniques
  - 4. Contraindications
  - 5. Other
- C. Corrective Actions
  - 1. Perpetuating Factors
  - 2. Functional Rehabilitation
  - 3. Other
- D. Post-Treatment Assessment
  - 1. Patient's Report
  - 2. Patient Re-examination
    - a. Palpation
    - b. ROM
    - c. Strength

- d. Other
- 3. Appropriate Referrals

## V. PROFESSIONAL CONDUCT

- A. Patient Documentation, Records, and Confidentiality
- B. Communication
  - 1. Patient
  - 2. Physician
  - 3. Other Allied Health Care Professionals
  - 4. Other
- C. Hygiene
  - 1. Patient
  - 2. Practitioner
  - 3. Office
- D. Ethics

## SAMPLE EXAMINATION QUESTIONS

In the following questions, choose the one best answer.

- 
1. When writing a report to the physician, which of the following is an important fact to state?
- 1. The muscles worked upon
  - 2. Color of the client's eyes
  - 3. Every trigger point that was located
  - 4. Changes noted in the client's complaint
- 
2. Trigger points are best palpated by
- 1. snapping palpation.
  - 2. rubbing the pain region.
  - 3. circular strokes of the palm.
  - 4. stroking upwards along the long axis of the muscle fibers.
- 
3. Which of the following activities would most likely interfere with initial myofascial trigger point therapy treatments?
- 1. Stretching
  - 2. Daily activity
  - 3. Lifting weights
  - 4. Aerobic exercise
- 
4. Spray and stretch is most effective when the
- 1. spray impacts the skin at 90 degrees.
  - 2. spray is applied only over the area of pain.
  - 3. bottle is held less than 12 inches away from the treatment surface.
  - 4. spray is directed from the trigger point to the referred pain zone.



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5. Which of the following agents is associated with inflammation and is likely to add to the hyperirritability of trigger points?
1. Dopamine
  2. Endorphin
  3. Prostaglandin
  4. Acetylcholine
- 
6. Which of the following is a **CONTRAINDICATION** for ischemic compression?
1. Hypoglycemia
  2. Viral infection
  3. Compound fracture
  4. Raynaud's syndrome
- 
7. If the trigger points in the scalenes are active and referring down into the hands, which of the following digits would be painful?
1. Index and thumb
  2. Middle and 4<sup>th</sup> fingers
  3. 4<sup>th</sup> and 5<sup>th</sup> fingers
  4. Index and middle fingers

**ANSWERS TO SAMPLE QUESTIONS**

1.4, 2.1, 3.3, 4.4, 5.3, 6.3, 7.1

## REFERENCES

**The following may be of some help in preparing for the examination. The list does not attempt to include all acceptable references, nor is it suggested that questions in the Certification Examination for Myofascial Trigger Point Therapists are based solely on these references.**

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