

Muscle, Autonomic Nervous System & Acupuncture

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Joseph Audette earned his medical degree at Harvard Medical School in 1991 and completed a residency in Physical Medicine & Rehabilitation at Columbia Presbyterian Hospital in New York in 1995 and is board certified in PM&R and Pain. While in New York, he was trained in acupuncture in the Tristate School of Traditional Chinese Acupuncture Physician Course. He is currently the Director of Spaulding Rehabilitation Hospital's Outpatient Pain Services in Medford and is the Course Director of the Harvard CME course on Structural Acupuncture for Physicians. He has lectured extensively on topics including Myofascial Pain, Pain Rehabilitation, and Acupuncture. His clinical and research interests include myofascial pain, repetitive strain syndrome, chronic pain, and acupuncture.

Abstract: There is growing recognition that Acupuncture needle stimulation in muscle has profound regulatory effects on health and the autonomic nervous system. This lecture will provide participants a detailed, neurophysiological understanding of how the muscles, through the small fiber nervous system, can provide us a window to assess and modulate the autonomic nervous system as well as other homeostatic regulatory systems in the body through surface palpation and needle manipulation. Emphasis will also be placed on extending our comprehension of this deep neurohormonal regulatory system with a review of the neuroanatomy of somatovisceral, viscerosomatic, and autonomic reflexes as well as the relationship between acupuncture points and trigger points.