



Myofascial Dry Needling Workshops

Workshop 1: Introduction Lower Body / Upper Body Basics– (3 Days – 24 Hours)

Overview

This course utilizes your current knowledge base in Anatomy and Physiology with supplementation as necessary from the lecturer. Your palpation and assessment skills will also be utilized in this course. The accomplished practitioner will learn to accurately identify and palpate trigger points and assess myofascial tension within structures of the human body. Once identified the student will learn Myofascial Dry Needling (MDN) techniques to treat TP and Myofascial pain and presented conditions. This skill is essential in order to provide effective assessment and treatment of TP by massage therapists utilizing MDN.

Macroscopic Content

- Introduction and Course Requirements
- TCM Contraindications to needling
- Physiological foundation of Trigger Points / Current thoughts and philosophies
- Physiological pain Mechanism in relation to Myofascial Dry Needling
- Myofascial Dry Needling of the Upper Limb and Lower Limb

Workshop 2: Advanced & Segmental Therapy – (2 Days 18 Hours)

Overview

This course reviews and builds and the knowledge gained in your previous course.

Macroscopic Content

- Introduction and Course Requirements
- Physiological foundation of Trigger Points (Quick Review)
- Neurophysiology of Dry Needling (Quick Review)
- Myofascial Dry Needling of the Upper Limb and Lower Limb
- Myofascial Dry Needling of the Vertebral Column
- Myofascial Dry Needling for TMJ
- Segmental Theory and Practice

See www.alliedsofttissue.com.au for further information and costs

Courses held around Australia in most states