

# Myofascial Dry Needling Workshops

## Workshop 1: Introduction and Lower Body – (3 Days)

### 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 student 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 Extremities

## Workshop 2: Upper Body and Segmental Therapy – (3 Days)

### Overview

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

### 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
  - Myofascial Dry Needling of the Vertebral Column
  - Myofascial Dry Needling for TMJ
  - Segmental Theory and Practice
- Day 1 will start at 10am and Finish at 5pm
  - Day 2 will start at 9am and Finish at 4pm
  - Day 3 will start at 9am and Finish at 4pm