



- ✓ World class Educational Courses
- ✓ Professional Instructors
- ✓ Face to Face Learning
- ✓ Ongoing Clinical Support
- ✓ Money Back Guarantee
- ✓ Memberships Available
- ✓ Onsite & Regional Options

## TRIGGER POINT DRY NEEDLING INTRODUCTORY COURSE - 3 Day Agenda & Time Frame

### DAY 1

8:30am – 8:45am	REGISTRATION – BEVERAGES
8:45am – 10:00am	Introduction, TP and Needle Theories Presentation
10:00am – 10:30am	Neuromyofascial Pain
10:30am – 10:45am	MORNING TEA
10:45am – 11:15am	Safety Presentation
11:15am – 12:00pm	Needling Demo / Prac
12:00pm – 1:15pm	Assessment Presentation and Practical – Supervised
1:15pm – 2:00pm	LUNCH
2:00pm – 3:30pm	Posterior Hip Presentation, Demo and Practical
3:15pm	AFTERNOON TEA
3:30pm – 5:00pm	Posterior Hip Presentation, Demo and Practical

### DAY 2

8:45am – 10:45am	Lumbar Spine Presentation and Practical
10:45am – 11:00am	MORNING TEA
11:00am – 11:15am	Questions, recap and Mechanisms of Dry Needling
11:15am – 12:15pm	Anterior/Medial Thigh Presentation and Practical
12:15pm – 12:45pm	Theory Test
12:45pm – 1:15pm	LUNCH
1:15pm – 3:00pm	Anterior / Medial Thigh Presentation and Practical
3:00pm – 4:00pm	Posterior Thigh Presentation, Practical & Testing
3:15pm	AFTERNOON TEA
4:00pm – 5:00pm	Shoulder Presentation, Practical & Testing

### DAY 3

8:45am – 9:30am	Shoulder Presentation, Practical & Testing
9:30am – 10:30am	Cervical Spine Presentation and Practical
10:30am – 10:45pm	MORNING TEA
10:45am – 11:15pm	Cervical Spine Presentation and Practical
11:15am – 1:00pm	Upper Extremity Presentation, Practical & Testing
1:00pm – 1:30pm	LUNCH
1:30pm – 2:45pm	Lower Extremity Presentation and Practical
2:45pm – 3:30pm	Clinical Integration, Supplies, Intro Advanced Course and Website
3:30pm – 3:45pm	Body review and extra Time for Muscle Check Off
3:45pm – 4:00pm	Final Questions, group photo and Certification