

TRIGGER POINT DRY NEEDLING

1.5 Day Agenda & Time Frame

MODULE 4: GEMt Lower Limb/Lx Needling

		DAY 1
8:30am	REGISTRATION	
8:45am	Theory / Safety review / MAST and Needle Manipulation Skills	
10:00am	Lower Limb / MAST Ax	
11:00am	MORNING TEA	
11:15am	Posterior Hip <ul style="list-style-type: none"> • <i>Glute max, med, min</i> 	
12:30pm	LUNCH	
1:00pm	Piriformis and TFL	
2:00pm	Lumbar Spine <ul style="list-style-type: none"> • <i>PSIS, Longissimus, Multifidus</i> 	
3:00pm	Anterior Thigh / groin <ul style="list-style-type: none"> • <i>Rec Fem, VL, VMO, add longus/magnus</i> 	
4:30pm	Testing and group practice	
5:15pm	END OF DAY 1	

		DAY 2
9:00am	Posterior Thigh/Leg <ul style="list-style-type: none"> • <i>Ischial tuberosity, Hamstrings, Gastroc, Soleus, Tib Ant, Peroneals</i> • <i>Prac testing continues</i> • <i>Group practice</i> 	
11:30am	Body review, GEMt updates and Certification	
12:30pm	END OF DAY 2	