

TRIGGER POINT DRY NEEDLING

1.5 Day Agenda & Time Frame

MODULE 5: GEMt Upper Limb Needling

| 8:45am | REGISTRATION | DAY 1 |
|---------|--|--------------|
| 9:00am | Review | |
| 9:15am | Upper Limb Ax | |
| 10:15am | Posterior shoulder • <i>Infra and Supra</i> | |
| 11:15am | MORNING TEA | |
| 11:30am | Posterior Shoulder • <i>Teres Major / Minor, Lats, Deltoid</i> | |
| 1:00pm | LUNCH | |
| 1:30pm | Upper Traps – 3 approaches | |
| 2:30pm | Anterior Shoulder • <i>Pec Major & Subscap</i> • <i>Biceps & Triceps</i> | |
| 4:30pm | Group practice and testing | |
| 5:15pm | END OF DAY 1 | |

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|---------|--|
| 9:00am | Forearm / Elbow • <i>Pronator Teres, Supinator,</i> • <i>ECRL/B, forearm flexors and extensors including FCU and ECU</i> • <i>Prac testing & Group practice</i> |
| 10:30am | MORNING TEA |
| 11:00am | Prac testing, group practice, Clinical Integration, GEMt website and memberships, Certification |
| 12:00pm | END OF DAY 2 |