

TRIGGER POINT DRY NEEDLING

1 Day Agenda & Time Frame

MODULE 6: GEMt Advanced Needling Skills

8:15am	REGISTRATION
8:30am	GEMt DN for TMJ • <i>Masseter, Temporalis, Lateral and Medial Pterygoid</i>
10:00am	Stims for posterior chain (<i>Lx, glutes, hammies</i>)
10:45am	MORNING TEA
11:00am	GEMt DN for Headaches • <i>Lev scapula, SCM and Rhomboids</i> • <i>Sub-occipital lines</i>
12:30pm	<i>Case studies</i>
1:00pm	LUNCH
1:30pm	Testing & GEMt Dry Needling for Heel Pain and Plantar Fascia • <i>Abd Hallucis, Fl Digitorum brevis, Abd digiti minimi, Flexor hallucis</i>
2:30pm	Testing & Advanced needling for Athletes & Group guided review
3:30pm	Group practice and testing continues
4:30pm	Final summary, Certification and more...
5:00pm	END OF MODULE