



World class Educational Courses • Professional Instructors
Face to Face Learning • Ongoing Clinical Support
Money Back Guarantee • Memberships Available

TRIGGER POINT DRY NEEDLING

LEVEL 3 – ADVANCED COURSE - 2 Day Agenda & Time Frame

NB: Real Time Ultra Sound will be used in several sections to assist teaching/learning

DAY 1

9:00am – 9:30am	Registration / Group Objectives / Research Review
9:30am – 11:15am	The hand – Presentation, Prac and RTUS
11:15am – 11:30am	MORNING TEA
11:30am – 1:00pm	Lower Extremity – Pop, Tib Post, FDL, FHL, EHL
1:00pm – 1:45pm	LUNCH
1:45pm – 3:45pm	The Foot
3:30pm	AFTERNOON TEA
3:45pm – 5:00pm	TMJ

DAY 2

9:00am – 10:30am	Abdominals and TA / Multifidus activation as reviewed under RTUS
10:30am – 11:15am	Tendon / Ligament Needling
11:15am – 11:30am	MORNING TEA
11:30am – 12:45pm	Long Thumb Muscles – EPL, EPB, AbPL, FPL
12:45pm – 1.30pm	LUNCH
1:30pm – 3:00pm	Advanced Needling / Review / scalenes, Threading for infraspin, Obt Internus, Muscle activation under RTUS and more...
3:00pm – 4:00pm	Advanced Plunger / Threading – for athletic population!
3:30pm	AFTERNOON TEA
4:00pm – 5:00pm	Case studies and group guided review, Questions & Certification