



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

TRIGGER POINT DRY NEEDLING

OCCUPATIONAL THERAPIST COURSE - 2 Day Agenda & Time frame

www.gemtinfo.com.au/downloadsot (Link for download all course requirements)

DAY 1

| | |
|-------------------|---|
| 8:30am | Registration |
| 8:45am – 10:00am | Introduction, Trigger Points, Needle Theories and Pain Concepts |
| 10:00am – 10:30am | Safety Presentation |
| 10:30am – 10:45am | MORNING TEA |
| 10:45am – 11:30am | Needling Demo / Prac |
| 11:30am – 1:00pm | Assessment Presentation and Practical |
| 1:00pm – 1:30pm | LUNCH |
| 1:30pm – 3:15pm | Shoulder/Rotator Cuff, Demo and Practical |
| 3:15pm – 3:30pm | AFTERNOON TEA |
| 3:30pm – 5:00pm | Hand Demo / Prac |

DAY 2 (NB: PRACTICAL TESTING COMMENCES DAY 2)

| | |
|-------------------|---|
| 9:00am – 10:30am | Hand / Thumb Demo / Prac |
| 10:30am – 11:00am | Upper Arm Demo / Practical |
| 11:00am – 11:15am | MORNING TEA |
| 11:15am – 12:45pm | Continue Needling Upper Limb / Prac Testing |
| 12:45pm – 1:30pm | LUNCH |
| 1:30pm – 2:45pm | <i>Forearm Demo / Prac - Testing</i> |
| 2:45pm – 3:15pm | Supplies, integrating this into your practice |
| 3:15pm – 4:00pm | Upper Limb review, final Questions, group photo and Certification |