

TRIGGER POINT DRY NEEDLING

2 Day Agenda

ESSENTIALS COURSE: LEVEL 1

8:30am	REGISTRATION & BEVERAGES	DAY 1
8:40am	Introductions and Review of Online Modules	
9:15am	Needle Manipulation Skills - Practical	
10:15 - 10:30am	Morning Tea Break	
10:30am	Assessment Presentation & Practical	
12:00pm	Posterior Hip Presentation & Practical (Glute Max, Med, Min)	
1:00 - 1:30pm	Lunch	
1:30pm	<i>Posterior Hip Presentation & Practical (Glute Max, Med, Min)</i> <i>Pistoning, Re-directing, Travelling Techniques</i>	
2:30pm	GEMt Memberships & GEMt Needles Lumbar Spine Presentation & Practical (L3-5 Longissimus, ICL, PSIS & Stims)	
3:15 - 3:30pm	Afternoon Break	
3:30pm	Lumbar Spine Presentation & Practical (L3-5 Longissimus, ICL, PSIS & Stims)	
4:30pm	Day in Review	



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

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ESSENTIALS COURSE: LEVEL 1

	DAY 2
8:30am	Mechanisms of Dry Needling/GEMt Memberships
8:45am	Anterior/Medial Thigh Presentation & Practical (RF, VL, VMO, AL, Femoral Triangle)
10:15 - 10:30am	Morning Tea Break
10:30am	Anterior/Medial Thigh Presentation & Practical (RF, VL, VMO, AL)
11:15am	Shoulder Presentation & Practical (I/S, Teres Minor/Major, Lats, Deltoid)
1:00 - 1:30pm	Lunch
1:30pm	Cervical Spine Presentation & Practical (Traps-prone & Superior Nuchal Line)
2:15pm	<i>Upper Extremity Presentation & Practical (ECRL/B, Brachio)</i>
3:15 - 3:30pm	Afternoon Break - Course Feedback https://gemt.co
3:30pm	Lower Extremity Presentation & Practical (Gastroc, Soleus)
4:15pm	Clinical Integration/Memberships/Certification/Body Review
4:30pm	End of Day 2