



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

# TRIGGER POINT DRY NEEDLING

2 Day Agenda

## ESSENTIALS COURSE: **Level 2**

8:30am	REGISTRATION & BEVERAGES	<b>DAY 1</b>
8:45am	Group Objectives/Research Review/ Updates- safety	
9:45am	Posterior Hip Presentation & Practical (Piri- 2 approaches, TFL)	
10:15 - 10:30am	Morning Tea Break	
10:30am	Assessment presentation & Practical	
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 &amp; Practical (Glute Max, Med, Min)</i> <i>Pistoning, Re-directing, Travelling Techniques</i>	
2:30pm	Lumbar Spine Presentation & Practical (Multifidus) Posterior Thigh & Ischial Tuberosity	
3:15 - 3:30pm	Afternoon Break	
3:30pm	Posterior Thigh & Ischial Tuberosity	
4:30pm	End of Day 1	



Extensive Practicals • Experienced Instructors  
Membership Programs • Comprehensive Manual  
Money Back Guarantee • Excellent Supervision

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### ESSENTIALS COURSE: LEVEL 2

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, Nuchal lines)
2:30pm	<i>Upper Extremity Presentation &amp; Practical (Biceps, Triceps)</i>
3:15 - 3:30pm	Afternoon Break - Course Feedback <a href="https://gemt.co">https://gemt.co</a>
3:30pm	Lower Extremity Presentation & Practical (Gastroc, Soleus, Tib Ant, Peroneals)
4:15pm	Clinical Integration/Memberships/Certification/Body Review/Feedback GEMT.CO
5:00pm	End of Day 2