

# TRIGGER POINT DRY NEEDLING

2 Day Agenda

## ESSENTIALS COURSE: **LEVEL 3**

<b>DAY 1</b>	
9:00am	Registration/Group Objectives/Research Review
9:30am	The Hand- Presentation & Practical
11:00am - 11:15am	Morning Tea Break
11:15am	The Foot Presentation & Practical
1:00pm - 1:45pm	Lunch
1:45pm	TMJ Presentation & Practical
3:00 - 3:45pm	Afternoon Tea
3:45pm	Advanced Shoulder Presentation & Practical (Supra and Subscap)
4:45pm	Day in review
5:00pm	End of Day 1

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NB: Practical Testing Commences Day 2		<b>DAY 2</b>
9:00am	Abdominals and TA/Mf activation on RTUS	
10:15am	Advanced Cervical Spine Presentation & Practical (SCM) & Trap Review	
11:00am - 11:15am	Morning Tea Break	
11:15am	Advanced Needling (I/S thread, needling on stretch ie hamstrings and rec fem and lats in side-lye)	
1:00pm - 1:45pm	Lunch	
1:45pm	Anterior Hip Presentation & Practical (Iliacus), Case Studies and Group Guided Review	
2:45pm	Lower Extremity Presentation & Practical (EDL,EHL)	
3:30pm - 3:45pm	Afternoon Tea - Course Feedback - GEMT.CO	
3:45pm	Case Studies and group guided review, Questions and Certification; Total body review and Prac Time	
5:00pm	End of Day 2	