

TRIGGER POINT DRY NEEDLING

2.5 Day Agenda & Time Frame

LEVEL 1: Intro/Intermediate Dry Needling

DAY 1	
1:00pm	Introductions & Review of Online Modules
1:45pm	Needle Manipulation Skills - Practical
2:30pm	Assessment Presentation & Practical
3:15pm - 3:30pm	AFTERNOON TEA
3:30pm	Assessment Presentation & Practical
4:15pm	Posterior Hip Presentation & Practical
5:00pm	END OF DAY 1
DAY 2	
8:30am	Posterior Hip Presentation & Practical
10:30am - 10:45am	MORNING TEA
10:45am	Lumbar Spine Presentation & Practical
12:00pm	Anterior/Medial Thigh Presentation & Practical
1:00pm - 1:30pm	LUNCH
1:30pm	Anterior/Medial Thigh Presentation & Practical
3:15pm	Mechanisms of Dry Needling / GEMt Memberships
3:30pm - 3:45pm	AFTERNOON TEA
3:45pm	Shoulder Presentation & Practical
5:00pm	END OF DAY 2

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DAY 3

8:30am	Shoulder Presentation & Practical
9:45am	Cervical Spine Presentation & Practical
10:15am - 10:30am	MORNING TEA & COURSE FEEDBACK - GEMT.CO
10:30am	Cervical Spine Presentation & Practical
11:00am	Upper Extremity Presentation & Practical
1:00pm - 1:30pm	LUNCH
1:30pm	Posterior Thigh Presentation & Practical
2:45pm	Lower Extremity Presentation & Practical
3:30pm - 3:45pm	AFTERNOON TEA
3:45pm	Clinical Integration/Memberships/Certification/Body Review
4:30pm	END OF DAY 3