

Acupuncture for the Lower Quadrant

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A one day post-foundation CPD course integrating the use of acupuncture within manual therapy. Acupuncture and trigger points will be taught throughout the day and clinically reasoning its use will be emphasised.

Time	Content	Learning outcome
9.30-9.45	Introduction	
9.45-11.30	Acupuncture overview -Acute and chronic pain -Overview of myofascial pain -Fascial planes -Trigger points	-Revise and understand the acupuncture effects in relation to: -Segmental, supraspinal and local effects of needling. -How to clinically reason acupuncture in different pain presentations -Understand the theory of trigger points and pain referral -Understand indications for and mechanisms of trigger point acupuncture -Understand the link between acupuncture meridians and fascial planes
11.30-11.45	Break	
11.45-12.30	Rotator cuff TP's and their referral Supraspinatus Infraspinatus Teres minor Subscapularis	Be able to identify and effectively needle supraspinatus, infraspinatus, teres minor and subscapularis
12.30-13.15	The small intestine meridian	To be able to recognise its pathway and implication for points in upper quadrant dysfunction and pain
13.15-14.00	Lunch	
14.00-14.45	The use of He-Sea points for knee pain, theory and practical	-Be able to identify and needle the He-Sea points at the knee and understand the indications for their use.
14.45-15.30	Trigger points around the hip -gluteals -piriformis -TFL	To be able to identify, recognise the referral patterns and effectively needle the trigger points of the glut max., min. and med. TFL and piriformis muscles.
15.30-15.45	Break	
15.45-16.45	Acupuncture for low back pain -dai mai (belt vessel) -du mai (governor vessel)	To understand the function of the du mai and dai mai in relation to low back pain. To be able to clinically reason the treatment of these channels. To be able to identify and needle points along the channels.
16.45-17.00	Case studies:	To demonstrate clinical reasoning of the use of acupuncture alongside normal practice. quadrant presentations.
17.00-17.15	Questions and wrap up	

