

Integrating Trigger Point Needling and Manual Therapy

For the

Management of

Myofascial Pain

6 Hours CPD

TUTOR: Jennie Longbottom MSc MMed BSc FCSP

This is a post basic course, integrating manual therapy and trigger point needling for the management of Myofascial Pain. Participants are required to have successfully completed the Basic Foundation Acupuncture training and have an understanding of the role of fascia within rehabilitation. The course will be divided into upper quadrant encompassing myofascial headaches, cervical and shoulder pain and low back pain.

Learning Objectives

Theoretical

Following this course, participants will have a full understanding of:

1. The physiology of trigger point activity
2. An understanding of myofascial pathology
3. Safe, effective integration of manual techniques alongside safe, effective trigger point needling
4. Interpretation of the theoretical underpinning into evidence based practice.
5. Safe practice

Practical

6. The acquisition of palpatory skills in order to determine the location and associated pain pattern of common trigger points in:
 - a. headaches
 - b. Cervical Spine
 - c. Shoulder
 - d. Lumbar Spine

7. The acquisition of effective trigger point release using non-invasive techniques.
8. Interpretation and clinical reasoning of trigger point release into clinical management.

TIMETABLE DAY 1

TIME	CONTENT	LO
9.30	Registration	
9.45	Welcome and Introduction	1 & 2
9.30	Overview of myofascial pain The Pathophysiology of Trigger Points The Pathophysiology of Fascia	3
10.30	Revision of pain and clinical reasoning	3
11.00-11.20	TEA	TEA
12.00	Headaches	6
	Clinical scenarios and clinical reasoning	7 & 8
1.00	LUNCH	LUNCH
2.00	The Cervical Spine	6
2.30	Clinical scenarios and clinical reasoning	7 & 8
3.15-3.45	TEA	TEA
3.45	The Lumbar Spine and Hip	6
4.30-5.00	Clinical scenarios and clinical reasoning	7 & 8

REGISTRATION QUESTIONNAIRE

All students are asked to complete the following form and return it to the course organiser.

Please inform the tutor of any specific learning needs before the onset of the course

Student Name	
Course Title & Dates	
Student contact address	
Student contact E-Mail	
Student contact telephone number	
HPC Number [where applicable]	
Professional Society [e.g. CSP, GOC] Number	
Details of Foundation Acupuncture Training	
Do you know of any reason that you should not receive Acupuncture needling?	
I give my consent to receive acupuncture needling from the course tutor and from fellow students under tutor supervision.	Signed