



Safe Use of Acupuncture during Pregnancy

A one day course that covers the use of acupuncture alongside manual therapy treatments in the management of the pregnant patient. By the end of the day you will have the knowledge and understanding to know when and how to safely apply acupuncture during pregnancy.

Pain management is the main focus of the day including back pain, SPD, and pelvic girdle pain. A mixture of western based and traditional Chinese medicine based reasoning will be explained and practical needling sessions will ensure safe technique of new and unfamiliar acupuncture and trigger points. The day will end with a brief overview of other pregnancy related conditions and how these can be managed with full reference to research based evidence.

Day Outline

| Time | Topic | Delivery |
|-------------|--|-----------------|
| 9.00-9.15 | Introductions and overview | |
| 9.15-9.45 | Pregnancy considerations | Presentation |
| 9.45-10.15 | Acupuncture clinical reasoning | Presentation |
| 10.15-10.45 | Case studies | Group work |
| 10.45-11.00 | Break | |
| 11.00-11.15 | Evidence for acupuncture during pregnancy | Presentation |
| 11.15-11.50 | Traditional Chinese Medicine and pregnancy | Presentation |
| 11.50-12.15 | Case Studies | Group work |
| 12.15-13.00 | Practicing unfamiliar points | Practical |
| 13.00-13.45 | Lunch | |

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| 13.45-14.15 | Practicing unfamiliar points | Practical |
| 14.15-14.45 | Myofascial Pain during pregnancy | Presentation |
| 14.45-15.45 | Trigger point needling | Practical |
| 15.45-16.00 | Break | |
| 16.00-16.30 | Other Pregnancy Treatments | Presentation |
| 16.30-16.45 | Questions | |