



1 Day CPD Course

West Hertfordshire NHS Trust, Jacketts Field, Abbots Langley, WD5 0PA

Saturday 24th June

Tutor: Justine Munur

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Day Plan

Time	Topic	Method
8:30-9:15	Summary of the physiological effects of acupuncture	Presentation
9:15-9:40	Case studies to consolidate clinical reasoning	Group work
9:40-10:00	The Dai Mai and low back pain	Presentation
10:00-10:15	Break	
10:15-11:00	Needling the point of the Dai Mai	Demonstration and Practical
11:00-11:20	Summary of trigger points and dry needling	Presentation
11:20-12:00	Trigger points of the lower back and hip	Demonstration and practical
12:00-12:30	Lunch	
12:30-13:00	Trigger points of the lower back and hip (cont)	Demonstration and practical
13:00-13:20	Concept of wind and neck pain, TMJ pain and headaches	Presentation
13:20-14:20	Practicing points to disperse wind	Demonstration and practical
14:20-14:30	Break	
14:30-15:30	Trigger points of the rotator cuff	Demonstration and practical