

**With
Dr
Christopher
Norris**

Acupuncture & Dry Needling

Duration: 2 day
CPD Hours: 14
Format: Face to Face
Fee: £300+VAT



Dr Christopher Norris

Overview:

This two day programme on Dry Needling may be taken as a standalone course or as the first part of the five-day Medical Acupuncture and Dry Needling (MDN) course is a 5-day post-registration program for therapists. The MDN is based on the accredited acupuncture course for Physiotherapists taught by Dr Norris for over 20 years, and his Dry Needling courses taught for various universities and teaching groups throughout Europe. The MDN course is delivered to the same high standard ('M' level) as the foundation course for hospital physiotherapists, but is now open to other therapy professionals.

The full MDN course covers Medical Acupuncture in detail, and presents an evidence-based approach to this treatment modality for musculoskeletal (MSK) conditions. The course is offered either as a single 5 day program, or as a two-part course of 2 days (Introduction to Dry Needling) and 3 days (Medical acupuncture and advanced Dry Needling techniques). Each part of the course equips students to demonstrate clinical competence in the areas covered.

This two-day Introduction to dry needling (MDN1) introduces the student to needling. It covers superficial dry needling technique, focusing on trigger points. There is a balance between theory and practice with an emphasis on safety, evidence base, and clinical reasoning. Trigger points on the back & buttock, neck, shoulder, hip, upper & lower limbs are covered. The programme is open to sports therapists (level 4 and above) and physiotherapists. Points will be needled, and the use of acupressure introduced for therapists preferring not to needle over higher risk areas. Content MDN in context Introduction of the concept of Meridians The science behind acupuncture and dry needling points Point identification Safe needling & clean field Dangers, cautions, & contraindications Pain & biopsychosocial management Point combinations MSK treatment protocols Case histories & patient demonstration Planning the treatment session Superficial & deeper dry needling Trigger point needling Needling & tissue healing Fascial and scar needling introduction Problem solving.

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