

Dry Needling for pain management and functional rehabilitation Module 2

Dates : 28, 29th of november 2018 (from 9 am to 5 pm)

Campus of innovation & sports (CIS), IPHY

500 \$ participant (2 days | 14 hours)

Main language of the training : English

Number of participants : 20

Registration : www.physiotherapie.usj.edu.lb | 01- 421 622
(8 am to 1 pm & from 2 pm to 3 pm) (before the 5th november 2018)

For more informations, please contact :

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Learning outcome :

- As the name implies is needling on the flow of Peripheral nerves from Proximal to Distal.
- The process in **Peripheral Radicular Pain Model (Module2)** addresses the working of dry needles so as to provide freedom of movement to the Peripheral Nerves to maintain Nerve Conduction, Electromagnetic Conduction, Intraneural Blood Supply, Intraneural Nerve Supply, Local & systemic Responsiveness.

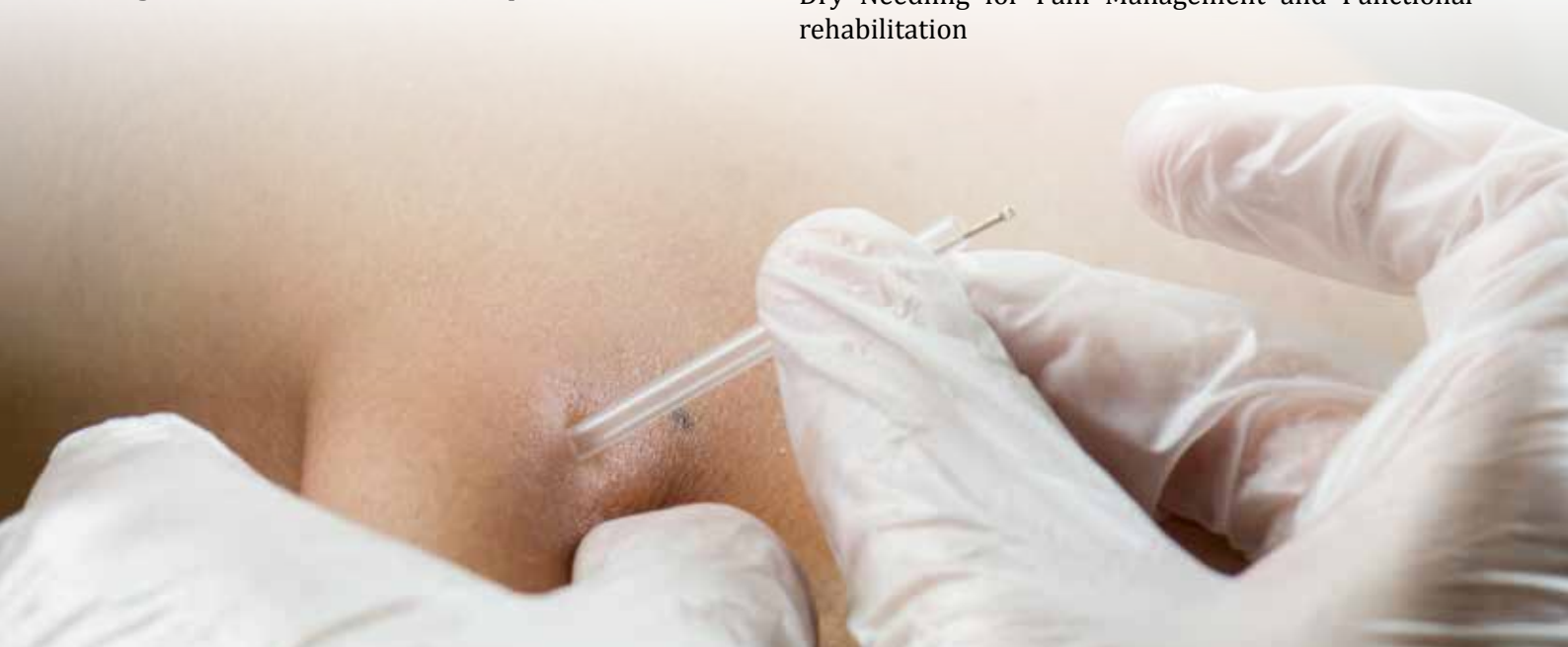
Target audience : Students, alumni, professionnels.

Trainer :



Dr Mihir Somaiya

- M.S Pain Management
- Pain Management Consultant & Sports Physical Therapist
- International Partner APTA (American Physical Therapy Association)
- International Partner Sportstherapy Scotland
- Founder & Chief Instructor Functional Integrated Dry Needling for Pain Management and Functional rehabilitation



Day 1 :

Morning 9 am to 12 noon

- What is Dry Needling/ FIDN? (Revision of Module 1)
- Anatomy and Structure of Muscle. Vascular supply of Muscle.
- Pathophysiology of Trigger point.
- Anatomy & Structure of a Nerve Fiber.
- Blood Supply of the Nerves.
- Anatomy & Structure of Fascia, Cartilage, Ligament, Tendon. Vascular Supply of Fascia, Cartilage, Ligament, Tendon. How Does Needling affect Connective Tissue?

12 noon to 1 pm : Break

1 pm to 3 pm

The functional integrated approach of needling of the following muscles & its functional areas of the Upper limb will be explained in detail with the practical sessions:

- Deltoid.
- Rhomboids
- Lattissimus Dorsi.
- Serratus Anterior.
- Teres Minor.
- Pronator Teres.
- Flexor Carpi Radialis.
- Flexor Carpi Ulnaris

3pm to 3.30 pm Break

3.30 pm to 5 pm

The functional integrated approach of needling of the following muscles & its functional areas of the Lower limb will be explained in detail with the practical sessions:

- Piriformis.
- Sartorius.
- Pectineus.
- Biceps Femoris.
- Peroneus Longus.
- Tibialis Posterior.

Day 2:

9 am to 12 noon

The functional integrated approach of needling of the following Nerve Pathways & its functional areas of the Upper limb will be explained in detail with the practical sessions:

- Median Nerve. (Carpel Tunnel Syndrome)
- Ulnar Nerve.
- Radial Nerve.
- Auxillary Nerve.
- Musculocutaneous Nerve.

12 pm to 1 pm Break

1 pm to 2:30 pm

The functional integrated approach of needling of the following Nerve Pathways & its functional areas of the Lower limb will be explained in detail with the practical sessions:
ü Sciatic Nerve.

- Femoral Nerve. (Femoral Neuropathy)
- Obturator Nerve. (Obturator Neuropathy)
- Tibial Nerve.
- Common Peroneal Nerve.

2.30 pm to 3 pm

The functional integrated approach of needling of the following Connective tissue conditions & its functional areas will be explained in detail with the practical sessions:

- Plantar Fasciitis
- Ankle Sprain
- Achilles tendon injury

3 pm to 3.30 pm : Break

3.30 pm to 4.30 pm

The functional integrated approach of needling of the following Special Conditions & its functional areas will be explained in detail with the practical sessions:

- Frozen shoulder
- Elbow bursitis
- Knee bursitis
- Rheumatoid arthritis
- Cervical radiculopathy.

4.30 pm to 5 pm Exam (Theory & Practical)