



dry needling plus

Level One: A two-day advanced skills-based dry needling course with Andrew Hutton

dry needling plus is a unique, freestyle, movement and palpation driven approach to needling. It does not emphasise, though does not exclude, the needling of intramuscular trigger points as in other systems of needling. It is a fusion of biomechanical and orthopaedic assessment and a wide range of needling techniques gleaned from traditional acupuncture approaches. We aim to provide an approach to dry needling which is easily accessible to the manual therapist yet allows room to refine needling skills to enhance the experience of client and practitioner alike.

www.dryneedling.com.au



Andrew Hutton

Andrew is an APA Titled Sports Physiotherapist in private practice at Sports Point Physiotherapy, Ballina, NSW, Australia. He has utilised needling techniques in his management of a mainstream sporting and musculoskeletal clientele since 1994. Andrew has studied in China and with teachers of meridian therapy (a traditional Japanese approach to acupuncture).. He remains current with advances in Western Scientific Acupuncture and the major popular approaches to dry needling and has lectured on the APA Acupuncture training programme and musculoskeletal acupuncture courses since 1996.

Course description

The Level one course suits the requirements of the physiotherapist or practitioner with no previous training in dry needling or those with limited needling experience. This course will introduce you to a variety of needle insertion techniques and the dry needling plus approach to the treatment of musculoskeletal presentations. After completing level one you will be qualified to safely commence the practice of dry needling. Once these basic skills have been assimilated into practice (8-12 weeks) clinical skills can be enhanced in Level two.

Course objectives

- To provide an understanding of the history and theory behind dry needling for the treatment of musculoskeletal pain
- To introduce students to a variety of needle insertion techniques
- To give students the skills and confidence to apply the dry needling plus approach in daily practice safely and in accordance with health and safety regulations as outlined in the “APA Guidelines for The Safe Practice of Acupuncture”

Course Program (structure may vary slightly). (P) denotes practical sessions

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| <ul style="list-style-type: none">• Day 1 – 8:30 am – 5:00pm• History & development of dry needling• Overview of popular approaches• Dry needling & traditional acupuncture• Mechanisms of action & effects• Health & Safety regulations• Contraindications• The dry needling plus approach | <ul style="list-style-type: none">• Day 2 – 9:00 am – 4:00pm• Basic needle insertion technique (P)• Trigger point needling (P)• Five dry needling plus techniques (P)• Needling of the thorax (assessment)(P)• Lower limb (P)• Upper limb (P) |
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Registration

Open to: Physiotherapists, osteopaths, occupational therapists, hand therapists, GPs, chiropractors or anyone with a manual therapy or health sciences degree.

Enrolment details: Cost and venue vary. For these details please consult the ‘**upcoming courses**’ page on the website:
www.dryneedling.com.au