



dry needling plus

Level Two: 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

Level 2 is aimed at the practitioner with some needling training and experience who wishes to expand their knowledge and skills in the treatment of musculoskeletal conditions. Level 1 is not a prerequisite as Level 2 will commence with a review of material specific to the dry needling plus approach. It will be assumed that physiotherapists attending Level 2 have completed a basic level of dry needling training that satisfies the requirements of the "ASAP Guidelines for the Safe Practice of Acupuncture".

The emphasis in Level 2 is on practical content. There is ample time in the course programme to allow for questions and discussion from participants who have previously completed Level 1.

Course Content

Theory Component

- Review of treatment principals of dry needling plus
- Discussion of specific clinical applications
- Acute v chronic presentations
- Acute cervical spine pain
- Acute lumbar spine pain
- Clinical approach to the treatment of elbow pain

Practical Component

- Review of dry needling plus needling techniques
- dry needling plus: Upper Quadrant
- dry needling plus: Lower Quadrant
- dry needling plus: Spinal techniques
- Advanced needling techniques
 - Anterior cervical spine region
 - Occipital region
 - Inguinal region
 - Abdominal region
 - Axilla/brachial plexus
 - Plantar fascia and subtalar region
 - Intra articular needling-tibiofemoral joint/OA knees
 - TMJ
 - Interphalangeal region of hands and feet
- Dynamic needling of lumbar spine
- Single point release cervical facet joints
- Costovertebral techniques
- Deep needling techniques for thoracic and lumbar regions
- Cupping and spooning (traditional soft tissue release techniques)

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:

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