



Acupuncture Association of  
Chartered Physiotherapists

## **2 Day Acupuncture for Sports Injuries**

*With Jon Hobbs*

### **Description**

This two day course is designed for practicing chartered physiotherapists who wish to expand their theoretical knowledge and practical application of acupuncture in the field of sports injuries. The course covers the concepts of homeostasis and its effect on healing and performance and the influence of acupuncture upon soft tissue healing. It also covers a variety of additional advanced needling techniques that can be utilised for the treatment of both acute and chronic sports injuries. Participants should be MCSP and HCPC registered and have already successfully undertaken a recognised acupuncture foundation course.

### **Aims**

- To develop participant's theoretical knowledge of acupuncture and its role in the treatment of acute and chronic sports injuries
- To develop participant's practical skills in the treatment of a variety of both acute and chronic sports injuries

### **Training Objectives**

#### **Knowledge**

Participants will undertake a review and update of their knowledge of the physiological:

- Mechanisms of pain
- Processes of inflammation and tissue healing
- Homeostatic mechanisms

#### **Skills**

To be able to:

- Safely and effectively employ a variety of needling techniques for the treatment of both acute and chronic sports injuries.
- Safely and effectively use acupuncture in a combined treatment approach taking into account tissue trauma, muscle imbalance and normal movement patterns.

#### **Understanding**

To understand the application of acupuncture in the treatment of a variety of:

- Acute soft tissue injuries.
- Chronic soft tissue injuries.

These objectives will be achieved through a variety of teaching strategies including lectures, tutorials, seminars, action groups, problem-based learning scenarios, clinical reasoning





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based case studies and practical needling situations. Learning will also be supported by the course study manual and the use of research-based teaching materials and methods.

**Students will be provided with the following resources for their use on the course:**

Course manual and handouts and selection of acupuncture needles.

**14 Hours CPD**

