



Acupuncture Association of  
Chartered Physiotherapists

## 2 Day Acupuncture for Sports Injuries *With Jon Hobbs*

Day 1		
Time	Content	Learning Outcomes
09:00	Introductions and initial briefing of course outline and structure.	
09:15	Mechanisms of pain healing and inflammation.  Theory Session.	To develop participants theoretical knowledge of acupuncture and its role in the treatment of acute and chronic sports injuries.  To understand the mechanisms underlying the processed of pain, healing and inflammation.
10:30	Tea and Coffee Break	
10:45	Acupuncture analgesia and homeostasis.  Theory Session	To develop participants theoretical knowledge of acupuncture analgesia in the management of acute and chronic sports injuries.
11:30	Acupuncture in rest and recovery management.  Theory and practical session.	To develop participants theoretical and practical skills in the safe and effective employment oa variety of needling techniques in the treatment of acute and chronic sports injuries. Integrate acupuncture techniques into the complete management of acute and chronic sports injuries.
12:30	Lunch Break	
13:15	The acupuncture management of acute and chronic sports injuries.  Practical session.  Upper Limb	To develop participants practical skills in the acupuncture management of acute and chronic sports injuries.  To be able to identify any predisposing factors such as muscle imbalance or altered biomechanics which may generate or maintain muscular dysfunction.
14:15	The acupuncture management of acute and chronic sports injuries  Practical session.  Upper Limb	To develop participants theoretical and practical skills in the safe and effective employment of a variety of needling techniques in the treatment of acute and chronic sports injuries.





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		Intergrate acupuncture techniques into the complete management of acute and chronic sports injuries
<b>15:15</b>	Tea and Coffee Break	
<b>15:30</b>	The acupuncture management of acute and chronic sports injuries.  Practical session.  Spine and thrunk.	To develop the participants theoretical and practical skills in the safe and effective employment a variety of needling techniques in the treatment of acute and chronic sports injuries.  Integrate acupuncture techniques into the complete management of acute and chronic sports injuries.
<b>16:30</b>	Review of the Day	Revision
<b>17:00</b>	Finish	





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## 2 Day Acupuncture for Sports Injuries *With Jon Hobbs*

Day 2		
Time	Content	Learning Outcomes
09:00	Review of day one	
09:15	The acupuncture management of acute and chronic sports injuries  Practical session.  Lower Limb	To develop participants theoretical and practical skills in the safe and effective employment of a variety of needling techniques in the treatment of acute and chronic sports injuries. Integrate acupuncture techniques into the complete management of acute and chronic sports injuries.
10:30	Tea and Coffee Break	
10:45	The acupuncture management of acute and chronic sports injuries  Practical session.	To develop participants theoretical and practical skills in the safe and effective employment of a variety of needling techniques in the treatment of acute and chronic sports injuries Integrate acupuncture techniques into the complete management of acute and chronic sports injuries.
12:30	Lunch Break	
13:15	Advanced needling techniques  Practical session.	To develop participants theoretical and practical skills in the safe and effective employment of a variety of needling techniques in the treatment of acute and chronic sports injuries Integrate acupuncture techniques into the complete management of acute and chronic sports injuries.
15:15	Tea and Coffee Break	
15:30	Clinical scenarios and case study examples  Theory and practical session.	Integrate acupuncture into the complete management of acute and chronic sports injuries including the development of an appropriate exercise and stretching programme.
16:30	Review Day	Revision
17:00	Finish	

