

Acupuncture for Chronic Pain, Radiculopathies and Tendinopathies Course. (CPD) timetable (content and learning outcomes)

Day 1		
Time	Content	Learning Outcomes
09:00	Introductions and initial briefing of course outline and structure.	
09:15	Analgesic mechanisms of acupuncture Health and Safety Clinical reasoning and layering technique Theory session.	To refresh the participant's theoretical knowledge of the analgesic mechanisms of needling. To refresh the participant's knowledge of the health and safety aspects and anatomy related to the clinical application of needling. To introduce concepts of chronic musculoskeletal pain to the participant in relation to the use of needling as a treatment modality.
10:45	Comfort break	
11:00	Myofascial "trigger point" pain mechanisms Clinical reasoning Theory session.	To refresh the participant's theoretical knowledge of the analgesic mechanisms of needling. To introduce concepts of chronic musculoskeletal pain to the participant in relation to the use of needling as a treatment modality.
12:30	Lunch	
13:00	Treatment protocols: Cervical and upper limb pain Practical session: Neck & shoulder	Safely and effectively needle a variety of anatomical structures for the purpose of the treatment of chronic musculoskeletal pain. Clinically reason the application of spinal, local muscle and connective tissue needling in the treatment of chronic musculoskeletal pain. Integrate needling into the complete management of chronic musculoskeletal pain in a clinical setting.
15:00	Comfort break	
15:15	Treatment protocols: Cervical and upper limb pain Practical session: Elbow & wrist	Safely and effectively needle a variety of anatomical structures for the purpose of the treatment of chronic musculoskeletal pain. Clinically reason the application of spinal, local muscle and connective tissue needling in the treatment of chronic musculoskeletal pain. Integrate needling into the complete management of chronic musculoskeletal pain in a clinical setting.
16:15	Review Day	Case examples
16:30	Finish	

Day 2		
Time	Content	Learning Outcomes
09:00	Introductions and review of day one.	
09:15	<p>Treatment protocols:</p> <p>Lumbar and upper limb pain</p> <p>Practical session: Lumbar spine & sacrum</p>	<p>Safely and effectively needle a variety of anatomical structures for the purpose of the treatment of chronic musculoskeletal pain.</p> <p>Clinically reason the application of spinal, local muscle and connective tissue needling in the treatment of chronic musculoskeletal pain.</p> <p>Integrate needling into the complete management of chronic musculoskeletal pain in a clinical setting.</p>
10:45	Comfort break	
11:00	<p>Treatment protocols:</p> <p>Lumbar and upper limb pain</p> <p>Practical session: Pelvic region</p>	<p>Safely and effectively needle a variety of anatomical structures for the purpose of the treatment of chronic musculoskeletal pain.</p> <p>Clinically reason the application of spinal, local muscle and connective tissue needling in the treatment of chronic musculoskeletal pain.</p> <p>Integrate needling into the complete management of chronic musculoskeletal pain in a clinical setting.</p>
12:30	Lunch	
13:00	<p>Treatment protocols:</p> <p>Lumbar and upper limb pain</p> <p>Practical session: Lower limb</p>	<p>Safely and effectively needle a variety of anatomical structures for the purpose of the treatment of chronic musculoskeletal pain.</p> <p>Clinically reason the application of spinal, local muscle and connective tissue needling in the treatment of chronic musculoskeletal pain.</p> <p>Integrate needling into the complete management of chronic musculoskeletal pain in a clinical setting.</p>
15:00	Comfort break	
15:15	<p>Treatment protocols:</p> <p>Lumbar and upper limb pain</p> <p>Practical session: Ankle & foot</p>	<p>Safely and effectively needle a variety of anatomical structures for the purpose of the treatment of chronic musculoskeletal pain.</p> <p>Clinically reason the application of spinal, local muscle and connective tissue needling in the treatment of chronic musculoskeletal pain.</p> <p>Integrate needling into the complete management of chronic musculoskeletal pain in a clinical setting.</p>
16:15	Review Day	Revision
16:30	Finish	