**Course Title:**
**Advanced Review in Acupuncture and Dry Needling: Thoracic and Scapular Region**

**Course Description:**
This course is designed for clinicians seeking to refresh and refine their theoretical knowledge and practical expertise in the safe and effective application of acupuncture and dry needling to the thoracic and scapular regions. It is ideally suited for practitioners who have already completed a recognised foundation-level training and are looking to deepen their clinical skills with confidence and precision.

**Course Aims:**

* To consolidate and advance participants’ theoretical understanding of acupuncture and dry needling within the thoracic and scapular regions.
* To enhance clinical reasoning and develop precision in the practical application of these techniques with a strong emphasis on safety and efficacy.

**Training Objectives:**

**Knowledge**
Participants will enhance their understanding of:

* The detailed anatomical topography of the thoracic and scapular regions.
* Acupuncture and myofascial trigger point locations specific to this area.
* Anatomical safety zones and associated risks when applying acupuncture and dry needling in the thoracic region.

**Skills**
By the end of the course, participants will be able to:

* Accurately palpate and identify key anatomical landmarks in the thoracic and scapular regions.
* Recognise and assess predisposing risk factors that may influence safe and effective treatment.
* Confidently and safely apply acupuncture and dry needling techniques within this anatomical area.
* Integrate needling approaches as part of a comprehensive management strategy for thoracic and scapular pain and dysfunction.

**Understanding**
Participants will develop a deeper understanding of:

* The anatomical relationships critical to safe needle application.
* Risk mitigation and health and safety considerations in clinical practice.
* The clinical decision-making process involved in integrating acupuncture and dry needling into holistic patient management plans.

**Teaching and Learning Methods:**
The course is delivered through a dynamic combination of:

* Interactive lectures and tutorials
* Problem-based learning scenarios
* Clinical reasoning case studies
* Hands-on practical needling sessions

Learning will be further supported by a detailed course manual and evidence-informed teaching materials designed to promote critical thinking and clinical application.

**Course Materials Provided:**

* Course manual and handouts
* A selection of acupuncture needles for use during practical sessions

**Course Duration:**
09:00–16:30 (7 CPD hours)
Theory to Practical Ratio: 1:3