

PRE-COURSE DETAILS

MUSCULOSKELETAL OCCUPATIONAL HEALTH ACUPUNCTURE

Tutor: Jon Hobbs

Duration: 1 Day

Content: Clinical with a practical component

This course is for members that wish to expand their practical skills in the management of musculoskeletal pain and dysfunction of the neck, shoulder, upper limb and lower back in an occupational health setting. Both the theoretical and practical aspects of the course are underpinned by the latest available evidence supporting the ethos of Physio First training to deliver new evidence to members in order that they may access cutting edge material and offer a unique service to their clients.

Who should attend this course?

Participants should already have successfully undertaken a recognised acupuncture foundation course.

Course aims

- To develop your theoretical knowledge of acupuncture and its role in the treatment of myofascial pain in the upper quadrant and lumbar region in an occupational health setting
- To develop your practical skills in both assessment and treatment of myofascial pain in the upper quadrant and lumbar region in an occupational health setting

Learning outcomes

- The concept of myofascial pain and dysfunction in an occupational health setting.
- The neurophysiology of local and referred myofascial pain.
- Relevant current research in the field of myofascial pain and dysfunction as it relates to occupational health settings.

To be able to:

- Effectively palpate and identify myofascial trigger points.
- Safely and effectively employ a variety of needling techniques in the treatment of myofascial pain.
- Integrate acupuncture into the complete management of myofascial pain including the development of an appropriate exercise and stretching programme.
- Identify any predisposing factors such as muscle imbalance or altered biomechanics which may generate or maintain myofascial pain.

To understand:

- The mechanisms underlying the development and deactivation of myofascial pain and dysfunction in an occupational health setting.
- The health and safety issues related to the treatment of myofascial pain with acupuncture in an occupational health setting.
- The use of acupuncture and its integration within a variety of therapy approaches in an occupational health setting.

PRE-COURSE DETAILS

MUSCULOSKELETAL OCCUPATIONAL HEALTH ACUPUNCTURE

These objectives will be achieved through a variety of teaching strategies including lectures, tutorials, problem-based learning scenarios, clinical reasoning based case studies and practical needling situations. Your understanding of this course will also be supported by the course study manual and the use of research-based teaching materials drawn from the most recent and relative sources and techniques.

You will be provided with the following resources for their use on the course:
Course manual, handouts and an appropriate selection of acupuncture needles

Practical element

All delegates are instructed to wear T-shirts and shorts for the practical content of the course.

Biography

Jon graduated in 1999 from Keele University achieving a first class BSc in physiotherapy and began his acupuncture training in 2000. In 2003 he became an advanced member of the AACP and in 2004 he was awarded his post-graduate MSc in acupuncture from Coventry University.

Since graduating he has worked in a variety of roles within the NHS, private sector, occupational health and professional sport. Jon is a Fellow of the Higher Education Academy, an accredited AACP tutor and a member of the board of Directors of the AACP. He delivers foundation courses and CPD within the NHS and private sector across the UK and overseas and has also had his work published in the Journal of Chinese Medicine.

He has previously been an MSc award leader at Staffordshire University, is the external assessor for Glyndwr University's acupuncture BSc and also acts as consultant and sessional lecturer to a number of Universities throughout the UK and Keele University School of Medicine. He is also a consultant to physiotherapists in Team GB, the PGA and Premiership and Championship Football Clubs. He now splits his time between delivering acupuncture training and the clinical practice of physiotherapy and acupuncture.

Fellow of the Higher Education Academy
Member of the Chartered Society of Physiotherapy
Member of the British Medical Acupuncture Society
Member of the Health and Care Professionals Council
Acupuncture Association of Chartered Physiotherapists Accredited Tutor
Member of the NHS Directory of Complementary and Alternative Practitioners
Advanced Member of the Acupuncture Association of Chartered Physiotherapists
Member of the Acupuncture Association of Chartered Physiotherapists Board of Directors

PRE-COURSE DETAILS

MUSCULOSKELETAL OCCUPATIONAL HEALTH ACUPUNCTURE

Timetable

Introduction	9.00hrs
Theory session - relevant clinical research	9.15hrs
Mechanism and theories underlying clinical myofascial pain	9.30hrs
Break	10.30hrs
Theory and practical session	10.45hrs
Practical needling session	11.30hrs
Lunch	12.30hrs
Needling session continued	13.00hrs
Low back practical needling session	14.00hrs
Break	15.00hrs
Low back practical needling session continued	15.15hrs
Question and answer session	16.45hrs
Course close	17.00hrs