



Osteon Manual Therapy Training  
“OMT Advanced Medical Acupuncture (dry  
needling) – CPD”

**PRE-COURSE INFORMATION**

**Accredited by the UK Sports Therapy Organisation**

<http://www.ukSPORTstherapy.org.uk/>



## COURSE OVERVIEW

### Lecturers

Mr. Giles Gyer, BSc (Hons) Osteopathy, Dip. MA, Dip. SM  
Mr. Jimmy Michael, BSc (Hons) Osteopathy, BSc (Hons) Sports & Exercise Science, Dip. MA

Introduction to OMT Medical Acupuncture for the management of pain and the treatment of musculoskeletal conditions.	<ul style="list-style-type: none"> <li>• 2 day Practical Training Course</li> <li>• 16 Hrs of face to face teaching</li> <li>• Continued assessment throughout the course.</li> <li>• Competency test for all students</li> <li>• The course is fully underwritten by Balens Insurance and is accredited by the UK Sports Therapy Organisation.</li> </ul>
Pre - Requisites	<ul style="list-style-type: none"> <li>• Previous qualifications in Dry Needling, Acupuncture or Medical Acupuncture.</li> <li>• Registered healthcare professionals</li> <li>• Student healthcare professionals (dependant on current degree level)</li> <li>• Sports Therapists / Sports Massage (Dependant on qualification level)</li> <li>• Ability to participate and receive acupuncture.</li> <li>• Signed health-screening form.</li> </ul>
Practical Requirements	<ul style="list-style-type: none"> <li>• ALL students must be able to fully participate in active needling during the course, and competency with the techniques must be achieved for qualification.</li> </ul>
Theoretical Requirements	<ul style="list-style-type: none"> <li>• Demonstrations</li> <li>• Clinical Reasoning Skills</li> <li>• Examination Techniques</li> </ul>
Contact Time	<ul style="list-style-type: none"> <li>• Approximately 16 hours over 2 days</li> <li>• Lectures</li> <li>• Demonstrations on all techniques</li> <li>• Theory &amp; Practical of all techniques</li> </ul>

This course requires **ALL** students to receive and administer needling.

Students should **NOT** attend this course if there is any reason that prevents **FULL** participation.

This course is **NOT** suitable for participants who are pregnant

A health screening form is attached. This form **MUST** be completed and brought with you on the course, and this form will be kept confidential.

## OMT Advanced Medical Acupuncture

OMT Training will introduce the participants of OMT Advanced Medical Acupuncture into the theoretical and practical principals of using Advanced Acupuncture techniques within a clinical setting for the treatment of a number of musculoskeletal conditions, including the use of Electro Acupuncture techniques.

The training will look at the most effective techniques taken from both Traditional Acupuncture and current Western Acupuncture, giving the students a sound background of knowledge and skill to fully use OMT Acupuncture techniques within their own practice.

### **This Course Will Give Students The Following:**

- Safe, Sound and effective background in the use of OMT Advanced Medical Acupuncture and OMT Electro Acupuncture.
- Traditional Chinese Acupuncture will be referenced by the lecturer but these will not be taught in depth.
- OMT Advanced Acupuncture will offer participants a fantastic new skill base with which they can use within their clinical practice.
- Discuss scientific evidence for the use of Acupuncture / Electro Acupuncture techniques
- Discuss current research for the use of Acupuncture / Electro Acupuncture.
- Relate the use of Acupuncture to the treatment of acute and chronic pain, and for a number of musculoskeletal conditions, and the treatment of pregnancy related pain.
- Give students a high level of safety, clinical competence and overall the confidence to use acupuncture techniques.

### **Please Note -**

1. Course handbooks will be provided, and the content of the handbook will be underpinned by a structured PowerPoint presentation by the lecturers.
2. Students will be expected to take extra notes regarding areas and techniques that will require more specific explanation or detailed clarification.
3. The handbook and PowerPoint's are solely to be used as an aide memoire; the lecturers will adapt the content of the course depending on the student's backgrounds or therapeutic discipline.
4. Students are **ADVISED** to refresh their knowledge of relevant anatomy and physiology prior to attending the course, if students fail to show the required level of knowledge they can be asked to leave the course.

Day 1

09.00	Registration of Student
10.00	Introduction OMT Advanced Acupuncture Overview of Participants Acupuncture Theory refreshed Using Longer Needles / Best Practice
10.30	Technique Workshops <ul style="list-style-type: none"><li>• TMJ / Temporalis pain</li><li>• Cervical pain and headaches</li><li>• Glenohumeral and AC Pain – Including techniques for the rotator cuff muscles.</li></ul>
11.00	Break
11.30	<ul style="list-style-type: none"><li>• Elbow, Wrist and Hand techniques including the treatment of RSI, Carpal Tunnel Syndrome and Thumb pain.</li></ul>
13.00	Lunch
13.45 - 1700	Technique Workshop <ul style="list-style-type: none"><li>• SIJ Pain</li><li>• Advanced techniques for; Hip, QL and Glutes.</li><li>• Ankle and Foot – including plantar fasciitis.</li><li>• Treating the Acute Patient</li></ul>

Day 2

09.00	Revisiting of day 1, discussion and Q&A's.
09.30 – 11.30	Technique Workshop
11.30	Break
12.00 - 1300	<p style="text-align: center;">Electro Acupuncture Workshop</p> <ul style="list-style-type: none"><li>• Safe Practice</li><li>• Contraindication</li><li>• Equipment</li><li>• Needle type</li><li>• Using Electro Acupuncture in treatment.</li></ul>
13.45 - 1700	<p style="text-align: center;">Electro Acupuncture Workshop</p> <ul style="list-style-type: none"><li>• Glenohumeral Joint</li><li>• Elbow joint</li><li>• Wrist joint</li><li>• Lumbar Spine</li><li>• Knee Joint</li><li>• Ankle and Plantar Fascia</li></ul> <p style="text-align: center;">Examination of students techniques Q&amp;A's Certification</p>

## Health Screening

Student Name	
Course Dates	
Students Contact Address	
Students Contact E-mail	
Students Contact Telephone Number	
Do you know of any reason that you should not receive Acupuncture Needling?	
Are you receiving any medication that may interact with Acupuncture needling or Electro Acupuncture? Do you suffer with any of the following? <ul style="list-style-type: none"><li>• Heart conditions</li><li>• Carotid Sinus</li><li>• Have a cardiac pacemakers</li></ul>	
Are you pregnant?	
Have you had any adverse effects to needles before?	
I give my consent to receive acupuncture needling from the course tutor / tutors and	Signed:



from my fellow students under tutor supervision.	
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All forms will remain confidential; this short health screen is intended to do the following.

- Safeguard you during acupuncture and electro acupuncture needling
- Inform us of and health issues that may prevent needling
- Prevent adverse effects from needling
- Allow for a safe learning environment for tutors and students

N.B Please bring this completed form with you on the day of your course.