

Training in Musculoskeletal Medicine

"Dry Needling - The 20 Best"

Presenter:
Robert Gerwin, MD, FAAN



February 21-22, 2018 / Tel Aviv, Israel



Day 1: Wednesday, Feb 21 2018

				Lecturer	Muscles learnt
8:00 - 8:30	0:30		Arrival and Registration		
8:30 - 9:30	1:00	1-1	Review of Internet lectures: essentials and "pearls"	Vulfsons	Muscles Day 1 1-2 Biceps 30mm 1-3 Trapezius 40mm 1-4 ExtCarpRadLongus 30mm 1-5 Supraspinatus 50mm 1-5 Infraspinatus 40mm 1-5 Latissimus dorsi 40mm
9:30 - 10:15	0:45	1-2	Dry Needling technique - Safety and Precautions <i>practice session on sponge/fruit/self/partner/ biceps</i>	Kent	
10:15 - 10:45	0:30		Coffee Break		
10:45 - 12:15	1:30	1-3	Head and Neck Pain	Vulfsons	
12:15 - 13:15	1:00	1-4	Forearm pain	Bar	
13:15 - 14:15	1:00		Lunch Break		
14:15 - 16:45	2:30	1-5	Shoulder Pain	Gerwin	
16:45 - 17:45	1:00		Case Study in Upper Arm Pain	Kent	
17:45 - 18:00	0:15		Wrap up day 1		
<u>10:00</u>					

Day 2: Thursday, Feb 22, 2018

					Muscles Day 2	
8:00 - 8:30	0:30	2-1	1) Pearls from Day1 2) Participants' questions from Day 1	Kent	Muscles Day 2 2-2 Gluteus medius 75mm 2-2 Gluteus minimus 75mm 2-2 Piriformis 50mm 2-3 Erector spinae 40mm 2-3 Quadratus lumborum 75mm 2-3 Multifidi 50mm 2-4 Rectus femoris 40mm 2-4 Vastus medialis 40mm 2-4 Vastus lateralis 50mm 2-4 Sartorius 30mm 2-4 Gracilis 40mm 2-4 Semitendinosus 40mm 2-5 Gastrocnemius 50mm 2-5 Soleus 50mm 2-5 Tibialis anterior 40mm	
8:30 - 10:30	2:00	2-2	Hip and Low back pain	Kent		
10:30 - 11:00	0:30		Coffee Break			
11:00 - 13:00	2:00	2-3	Back pain	Gerwin		
13:00 - 14:00	1:00		Lunch Break			
14:00 - 16:00	2:00	2-4	Thigh and Knee pain	Harash		
16:00 - 17:45	1:45	2-5	Calf and foot pain	Finestone		
17:45 - 18:00	0:15		<i>Course summary, feedback and certificates</i>			
<u>10:00</u>						
<u>20:00</u>						