



Bitesize Acupuncture and Dry Needling Low Back Pain

Online Learning Course

A short course into acupuncture and dry needling concepts in the treatment of low back pain. Over an hours worth of discussed presentation, including trigger point maps, needling demonstrations and concept explanation. The topics are:

Trigger points of the pelvis

The Dai Mai

Trigger points of the lumbar area

Chronic Vs Acute low back pain treatment

This is best done in pairs in an environment where you can practice needling on each other as you go.

Access to the Just Therapy Education points database also included.

CPD certificate on completion.

To ask questions and get more details:

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WWW.JUST-
THERAPY.CO.UK

2

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FACEBOOK
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A physio since 2003 and started her acupuncture journey in 2005. Has been teaching with Just Therapy Education (formerly ALIED) since 2013. Although predominantly she works in the MSK field, she also specialises in Women's Health and Chronic Pain, leading both services when she worked in the NHS.

For more online and face-to-face courses please see the website.

MSc level foundation and CPD sessions available.

Host a course at your venue. Contact us for more info.