

The use of Acupuncture in the Management of Upper Quadrant Conditions

An in-depth exploration of the use of acupuncture for managing neck, shoulder, arm and thoracic pain and dysfunction. Detailed analysis of movement dysfunction and muscular control will be covered and how acupuncture can be incorporated as part of your treatment. The emphasis will be on the application of acupuncture within a Western medical model of clinical reasoning; however there will be some exploration of the Chinese medicine aspects of elements of upper quadrant pain. The day will be a mixture of theoretical and some practical to ensure correct application of acupuncture.

| Time | Content | Learning outcome |
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| 9.00-9.15 | Introduction | |
| 9.15-9.45 | Acupuncture overview Brief overview of myofascial pain and acupuncture effects. Trigger point acupuncture Fascial planes | -Revise and understand the Segmental, supraspinal and local effects of needling. -Understand the theory of trigger points and pain referral -Understand indications for and mechanisms of trigger point acupuncture -Understand the relevance of fascial planes in the upper quadrant and relate to acupuncture meridians. |
| 9.45-10.15 | Upper quadrant mechanics. Shoulder girdle musculature | Understand scapula normal movement and dysfunction. |
| 10.15-10.45 | Scapula control TP's | Be able to identify and effectively needle trigger points in latissimus, levator, trapezius, |
| 10.45-11.00 | Break | |
| 11.00-11.45 | Rotator cuff TP's and their referral Supraspinatus Infraspinatus Teres minor Subscapularis | Be able to identify and effectively needle supraspinatus, infraspinatus, teres minor and subscapularis |
| 11.45-12.30 | The small intestine meridian | To be able to recognise its pathway and implication for points in upper quadrant dysfunction and pain |
| 12.30-13.30 | Lunch | |
| 13.30-14.00 | Upper quadrant tendinopathy | To understand the principles of chronic tendinopathy and how acupuncture can be used in part of its management. |
| 14.00-15.00 | The thoracic spine | To be able to identify T4 syndrome. To be able to needle multifidus effectively. Develop an understanding of back shu points |
| 15.00-15.15 | Case studies Shoulder/arm | To demonstrate clinical reasoning of the use of acupuncture alongside normal practice in myofascial problems affecting the upper limb |

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| 15.15-16.15 | TCM- wind and neck pain | To understand the TCM concept of wind and its relationship to upper quadrant pain To identify points associated with treatment of wind within a TCM framework |
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| 16.15-16.45 | Case Studies | To demonstrate clinical reasoning in the use of acupuncture alongside normal practice for myofascial problems affecting the neck. |
| 16.45-17.00 | Questions | |