

## **INTEGRATED WORKSHOPS**

### **The Dynamic Ultrasound Group [DUG] and Acupuncture Learning Integrated Educational Development [ALIED]**

#### **12 Hours CPD**

#### **Diagnostic Ultrasound Techniques Integrated into Practical Trigger Point Needling.**

This is a pioneering, unique, two-day workshop combining the clinical expertise in diagnostic ultrasound scanning with the practical expertise of trigger point acupuncture for the deactivation of myofascial pain. The course will be divided between two tutors:

- *Mark Maybury, MSc, BSc (Hons.), PGD Biomech., MCSP*
- *Jennie Longbottom MSc, MMed, BSc, FCSP, MBAcC*

The course is designed for post-graduate physiotherapists who have been trained to a level of competence in the skills of myofascial trigger point deactivation at Foundation or post Foundation level.

The course will be divided into three interlinking parts over two days:

#### **Part I**

Tutor: *Mark Maybury, MSc, BSc (Hons.), PGD Biomech. MCSP*

- A basic understanding of ultrasound principles
- A basic understanding of ultrasound physics
- An introduction to image production
- Safety considerations
- Practical ultrasound probe skills
- Identification of :
  - Ligaments
  - Muscles
  - Abnormal muscle appearance
  - Trigger points
  - Fascial planes

#### **Part II**

Tutor: *Jennie Longbottom MSc, MMed, BSc, FCSP, MBAcC*

- A revision of trigger point pathology
- An understanding of the tissues under the probe
- Ultrasound scanning and needling application
- Safety implications
- Anatomical markings and safety
  - Identification of anatomical structures at:
    - The Knee
    - Quadriceps
  - Hamstrings
  - The Elbow
    - Brachioradialis
    - Supinator
  - The Lumbar Spine
    - Multifidus
    - Quadratus Lumborum

- The Shoulder
  - The Rotator Cuff
- The Lower Leg
  - Gastrocnemius
  - Soleus

### **Learning Objectives**

- An understanding of diagnostic ultrasound application in musculoskeletal physiotherapy
- The integration of ultrasound scanning technology and the effective deactivation of myofascial trigger points with acupuncture needling
- The recognition of soft tissues under the probe and the ability to deactivate myofascial structures with the needle
- The recognition of safety and training implications to the combined use of ultrasound and needling modalities
- The use of available evidence for the management of myofascial trigger point deactivation

### **Learning Outcomes**

After successful completion of the course participants will have:

- A basic understanding of diagnostic ultrasound:
  - Physics
  - Safety
  - Application
  - Practical Probe skills
- A basic understanding of soft tissue identification from the scanning related to:
  - Muscle
  - Ligament
  - Fascia
  - Bone
  - Joint
- Basic skills in identifying dysfunctional muscle and functional muscle movement before and after needling
- Advanced skills in identification of safety issues under the needle with the aid of scanning techniques

### **Indicative Content**

- Power point presentation
- Practical scanning techniques
- Practical probe techniques
- Scanning and needling skills
- Trigger point deactivation skills

## TIMETABLE

### DAY ONE

Time	Subject	Tutor	Learning Outcomes
08.45-09.00	Registration		
0.900- 10.00	Welcome	Jennie & Mark	
	Introduction to DUG	Mark	1
10.00 – 10.45	Scanning techniques Physics	Mark	2
10.45-11.00	COFFEE	COFFEE	
11.00 –12.30	The scanner controls Safety	Mark	2
12.30 -13.00	Practical probe skills	Mark & Jennie	2 &3
13.00 – 13.45	LUNCH	LUNCH	
13.45 – 15.00	Identification of tissues and structures	Mark & Jennie	2&3
15.00- 15.30	TEA	TEA	
15.30 – 16.30	Practical skills on different areas	Mark & Jennie	2&3

### DAY TWO

Time	Subject	Tutor	Learning Outcomes
08.45-09.00	Registration		
0.900- 10.45	Identification of myofascial structures THE KNEE Practical Needling and scanning skills	Jennie & Mark	2,3 & 4
10.45-11.15	COFFEE	COFFEE	
11.15 –12.30	THE LUMBAR SPINE	Jennie & Mark	2,3 & 4
12.30 -13.00	THE LOWER LEG	Jennie & Mark	2,3 & 4
13.00 – 13.45	LUNCH	LUNCH	
13.00 – 13.45	THE ELBOW	Mark & Jennie	2,3 & 4
13.45 – 15.00	THE SHOULDER	Mark & Jennie	2,3 & 4
15.00- 15.30	TEA	TEA	
15.30 – 16.30	Discussion Certificates Evaluation & Feedback	ALL	ALL

