

# TRIGGER POINT DRY NEEDLING\_BASIC

THIS 2-DAYS HANDS ON COURSE (SIXTEEN HOURS) INTRODUCES THE FUNDAMENTAL PRINCIPLES OF DRY NEEDLING, WHICH IS PRESENTED AS AN INTEGRATED APPROACH WITHIN PHYSIOTHERAPY CLINICAL REASONING AND WITHIN A MULTIMODAL APPROACH. AT THE END OF THE COURSE PARTICIPANTS WILL MASTER THE DELIVERY OF DRY NEEDLING FOR SUPERFICIAL MUSCLES AND WILL OBTAIN THE CLINICAL KNOWLEDGE TO APPLY THIS TECHNIQUE IN DAILY PRACTICE.

APRIL 27-28, 2024

PRICE: 499 EUROS

ALK MEMBERS DISCOUNT: 429 EUROS

MEET THE INSTRUCTOR

**DR. FIRAS MOURAD**



FIRAS MOURAD, RECEIVED HIS PHYSIOTHERAPY DEGREE FROM THE UNIVERSITY OF BRESCIA. HE WAS AWARDED A PHD DEGREE WITH FULL MARKS WITH HONOURS IN CIENCIAS DE LA SALUD FROM THE UNIVERSIDAD REY JUAN CARLOS. SINCE THIS TIME, HE HAS CULTIVATED HIS PHYSIOTHERAPY KNOWLEDGE AND PRACTICE IN THE FIELD OF ORTHOPAEDICS, SPORTS AND RESEARCH. HE COMPLETED AN EXTENSIVE MUSCULOSKELETAL PHYSIOTHERAPY PROGRAM GRANTING HIS STATUS OF ORTHOPEDIC MANIPULATIVE PHYSICAL THERAPIST (FULL IFOMPT) FROM THE UNIVERSITY OF GENOVA. MOREOVER, HE GAINED A POST-GRADUATE DIPLOMA IN SPORT AND EXERCISE MEDICINE FROM THE ULSTER UNIVERSITY IN BELFAST, A POST-GRADUATE CERTIFICATE IN SYSTEMATIC REVIEW AND META-ANALYSIS FROM THE UNIVERSITY OF MODENA AND REGGIO EMILIA, AND A MASTER OF SCIENCE (LAUREA MAGISTRALE) AT THE UNIVERSITY OF MILANO. HE HAS COMPLETED SEVERAL DISTINGUISHED CERTIFICATIONS INCLUDING DRY NEEDLING AND SPINAL MANIPULATION. DR MOURAD WAS A SENIOR INSTRUCTOR FOR THE SPINAL MANIPULATION INSTITUTE, DRY NEEDLING INSTITUTE, AND AMERICAN ACADEMY OF MANIPULATIVE THERAPY. HE IS A LECTURER IN THE IFOMPT POST-GRADUATE MASTER'S DEGREE AT THE LA SAPIENZA UNIVERSITY OF ROME. MOREOVER, HE WAS A GUEST LECTURER AND ADJUNCT FACULTY FOR NUMEROUS PHYSIOTHERAPY PROGRAMS AND CONFERENCES THROUGHOUT THE WORLD. HE IS THE FORMER IFOMPT MEMBER ORGANIZATION DELEGATE FOR ITALY AND THE VICE-PRESIDENT OF THE ITALIAN MUSCULOSKELETAL PHYSIOTHERAPY GROUP. DR MOURAD HAS PUBLISHED OVER 50 ARTICLES IN INTERNATIONALLY RECOGNISED PEER-REVIEWED JOURNALS. DR MOURAD BOASTS OF MORE THAN 15 YEARS OF CLINICAL EXPERIENCE. CURRENTLY, HE JOINS LUNEX UNIVERSITY AS ASSISTANT PROFESSOR AND PROGRAM LEADER OF THE MASTER PROGRAM IN THE HEALTH DEPARTMENT.

## DAY 1

8.00-8.30 WELCOME  
8.30-9.30 INTRODUCTION TO TRIGGER POINT DRY NEEDLING  
9.30-10.30 TENSOR FASCIA LATA & GLUTEUS MAXIMUS  
10.30-11.00 PAUSE  
11.00-12.00 GLUTEUS MINIMUM AND MEDIUS  
12.00-13.00 QUADRICEPS  
13.00-14.00 LUNCH  
14.00-15.00 HAMSTRING  
15.00-16.00 TIB. ANT & PERONEAL & EXT. DIGITORUM COMUNIS  
16.00-16.30 PAUSE  
16.30-17.30 TRICEPS SURAE  
17.30-18.30 LEVETOR SCAP. AND UPPER TRAPEZIOUS

## DAY 2

8.30-9.30 INFRASPINATUS  
9.30-10.30 SUPRASPINATUS  
10.30-11.00 PAUSE  
11.00-12.00 TERES MINOR AND MAJOR, LATISSIMUS DORSI  
12.00-13.00 DELTOIDS  
13.00-14.00 LUNCH  
14.00-15.00 BICEPS BRACHII  
15.00-16.00 TRICEPS BRACHII  
16.00-16.30 PAUSE  
16.30-18.00 BRACHIORADIALIS AND EPICONDYLE MUSCLES

 **KINEBONE**  
**2, RUE D'AMSTERDAM, LUXEMBOURG**



**KINEBONE**

**INFO: +352 691 121 582**

**MICHELEFRANCHI\_MF@ICLOUD.COM**

**NOTE: THE DRY NEEDLING TECHNIQUE DOES NOT FALL WITHIN THE COMPETENCES OF THE PHYSIOTHERAPIST IN LUXEMBOURG. (APPENDIX 17 OF THE LAW OF 29 JUNE 2023)**