There is a worldwide interest in ‘dry needling’ with increasing scientific evidence. It is practiced mainly by Physical Therapists and also some Medical Doctors, Doctors of Osteopathy, Chiropractors and Naturopaths.

Frank Timmermans is the main instructor and has 33 years of experience as a Physical and Manual Therapist and 15 years in dry needling. He has published ten articles on ‘myofascial pain and dry needling’ and has instructed over 4,000 students.

For more information and application:

www.dryneedlingcanada.com
Program outline*

This three-day course introduces dry needling as an intervention for treating a variety of diagnoses in the arm and leg. This course will be limited to 20 participants and attendees will need to have a minimum of 2 years experience.

On the first day, Frank Timmermans will explain the concept of myofascial pain and its characteristic features based upon recent publications*. He will also present a brief history of dry needling* and explain its potential physiological effects*. In the afternoon the assessment of the ‘myofascial pain’ patient will be discussed. Afterwards, the tests will be shown in a practical setting with small groups under the supervision of an instructor for optimal didactics.

The course will conclude with a review and exam.

*Several articles and links will be emailed beforehand.