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Dry needling for myofascial trigger points

Myofascial Trigger Points have been one of the most commonly overlooked causes of both acute and chronic pain. Today, evidence shows that myofascial pain may often be the primary cause of pain and dysfunction. This workshop presentation highlights recent studies in MTrP including the neurophysiology and pathology and will demonstrate the technique of de-activation of trigger point areas using dry needling with acupuncture needles. The practical demonstration of superficial and deep dry needling will also focus on needle safety and cleanliness, the effects of needling muscle, fascia and connective tissue and specifies about needling different muscles and areas of the body. This workshop is mainly but not restricted to therapists for whom dry needling is in their scope of practice.

Biography

Craig Smith completed his BSc Physio and BSc Sports Science from the University of Cape Town in 1989. His first professional sports physio position was as Physio to the touring rebel England cricket team to South Africa in 1990. He then joined the South African cricket team from 1991 - 2002 as the lead team Physio. From 2003 to 2010, he worked in county cricket in the UK with Lancashire, Nottingham (2004-2009) and as a consultant Physio with Hampshire in 2010. In 2003, he started Club Physio, a seminar and courses facilitating company that now runs and facilitates physio, sports medicine and manual therapy course in Southern Africa, the UK, Ireland, Europe, India, Asia, Middle East and the USA.

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