



The DGSA courses are named in honor of David G. Simons, MD a pioneer in the study and understanding of the contribution of muscle trigger points to acute and chronic pain syndromes. Dr. Simons is the co-author of the Trigger Point Manuals. He is our teacher and mentor since many years.

Top 30 Combi Manual Trigger Point Therapy & Dry Needling

Myofascial pain syndromes (MPS) affect muscles, joints and skeletal structures, leading to pain, loss of function and movement impairments. The myofascial trigger point, the characteristic and diagnostic feature of MPS, is the physical entity by which MPS is identified. Treatment involves inactivating myofascial trigger points, correcting biomechanical and postural dysfunction, and restoring normal movement patterns. The worldwide most accepted treatment approaches to inactivate trigger points are manual trigger point therapy & dry needling. This 5-day introductory course (37,5 hours) will give the participants a profound knowledge and skills in the diagnosis and treatment of trigger points. We will focus on the 30 clinical most frequent and important muscles of the body. Each teaching block consists of an introductory lecture and demonstration, followed by supervised hands-on practice in small groups. This is a training program with immediate clinical applicability upon completion.

Prerequisites

The course is designed for PTs, MDs, DOs, DCs

Course Objectives

At the end of the Top 30 course, the participants will be able to professionally identify and treat trigger points in the 30 most common muscles of the body. The participants will...

- understand the pathophysiological background which can cause and perpetuate the myofascial pain syndrome.
- know the clinical patterns of trigger points of the individual muscles
- be able to assess the state of activation and clinical relevance of myofascial trigger points based on stringent diagnostic criteria.
- effectively localize myofascial trigger points by manual examination.
- know the coaching strategies to be followed when using manual trigger point therapy & dry needling.
- know the specific indications for manual trigger point therapy & dry needling
- consciously exploit the techniques and be able to employ it in the most effective way.
- be aware of the hygiene regulations and specific contraindications for dry needling and are able to use them in a remedial way.
- know the potential dangers of dry needling and be able to implement the necessary emergency measures.
- be able to expertly practice the application of dry needling due to the precise anatomical comprehension of the neuro-musculo-skeletal system and the blood vessels of the extremities.