

## **The Myofascial Pain Study Centre Melbourne “Comprehensive Management of complex Musculoskeletal Pain and Dysfunction”**

Dear Colleague,

Thank you for your inquiry regarding training in Myofascial Pain Management / Dry Needling. I am very pleased to announce that our training programme is being sponsored by Sportstek Physical Therapy supplies as part of their Masterclass series. As a result participants in the course will be using the new Myotech dry needle the only solid filament needle that is specifically designed for dry needling. In addition participants will receive 10 boxes of the Myotech needles when they attend the course.

The programme has undergone some changes for 2014 the most significant being that the course has is now conducted over 3 days rather than 2 allowing more time for analysis of specific clinical syndromes.

Whilst the technique of dry needling is a significant part of the programme, it is underpinned by a theoretical understanding of the pathophysiology and clinical presentation of common Myofascial pain syndromes.

Consequently the ability to recognize and identify Myofascial Trigger points is an essential prerequisite to the successful application of dry needling in the clinical setting.

Further this course will enable participants to integrate dry needling with other Myofascial pain management techniques and indeed other forms of manual therapy.

In response to participant feedback the course will increase the focus on specific clinical syndromes with an emphasis on integrating dry needling with commonly used manual therapy techniques, as well as rehabilitative exercise protocols to achieve long term pain relief for patients. The increased content and scope of the course should suffice any increase in training requirements that may be necessary for insurance purposes in 2014 and beyond.

I am also pleased to announce that we will be using Myotech needles exclusively in all courses, this Australian designed needle has been specifically developed for the practice of dry needling and as such offers several advantages over acupuncture needles in clinical practice.

An application for the next course is attached, and as numbers are limited a prompt return of the enrollment form is advised.

Please note this course is accredited for 34 continuing education points.

Yours faithfully,  
Andrew Gallagher  
Director; The Myofascial Study Centre Melbourne

**Myofascial Pain Management – Dry Needling Workshop**  
**“Comprehensive Management of complex Musculoskeletal Pain and Dysfunction”**

*Presented by*

**Mr. Andrew Gallagher (Consultant Physiotherapist - Pain management)**

The course will be presented by Mr. Andrew Gallagher an experienced Physiotherapist whose primary clinical interest is in the management of complex musculoskeletal pain. Andrew is a pioneer in Myofascial pain education having introduced the first Australian Dry needling training programme for Physiotherapists in 1988. Since this time Andrew has presented over 300 courses, workshops and lectures on Dry Needling / Myofascial pain practice. Whilst these courses have primarily been directed at Manual Therapist's, Andrew has also developed specialist courses in Myofascial pain management for a broad range of health practitioners including General Practitioner's, Hand Therapist's, Podiatrist's and Pharmacist's. This is why we at Sportstek are pleased and excited to have Andrew deliver the first of our Master Class series for 2014. We believe Andrew brings a depth of knowledge and breadth of experience to the topic of Myofascial dry needling that is unrivalled and are confident that participation in this course will not only provide a rewarding educational experience but equip you with both a dynamic and innovative clinical framework that will enhance your clinical practice.

**Graham Strong Founder and Managing Director Sportstek**

This intensive training programme is conducted over three days. The programme is open to health practitioners with an interest in Myofascial Pain Management including, Physiotherapists, Chiropractors, Osteopaths, Remedial Massage and Myotherapists. Participants will learn how to employ myofascial dry needling technique safely and effectively in a range of clinical conditions. However dry needling will not be taught in isolation but rather as part of an overall clinical approach that will include pain management strategies an appreciation of the unique role muscle dysfunction plays in the development of chronic pain. The course blends both active and passive treatment strategies to achieve a pain rehabilitation approach which is beyond simple pain management. Participants will develop an insight into the Myofascial component of many common pain syndromes such as Tension Headache Shoulder pain, Lateral Epicondylitis, Chronic Low Back Pain, Patella Femoral Syndrome and Compartment Syndromes of the lower limb. Included in the course are not only a comprehensive set of notes and reading material but also participants will receive 10 boxes of the new Myotech dry needles at no Additional cost.

**Course Timetable;**

Courses are conducted over 3 days

Friday 2pm – 9pm Times

Saturday & Sunday 9am – 5.30

**Course Dates & Locations**

**Melbourne** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> June at the Sportstek showrooms; 6 Park Road, Oakleigh.

**Sydney;** 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> June at Physiogym 560 Parramatta Road, Petersham

**Gold Coast;** 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> July at Physiotherapy Dept. Griffith University.

**Cut off times for enrolment; Melb 23<sup>rd</sup> May - Sydney 6<sup>th</sup> June - Gold Coast 27<sup>th</sup> June**

