

Advanced Level Course Trigger Point Dry Needling 17-18th October 2026, Dublin



VENUE

The Louis Fitzgerald Hotel
Newland's Cross,
Exit 1A Naas Road, Dublin.
D22 X5N7
CPD Hours- 14

COURSE FEE

€390

PLACES- 12

For reservation & further details contact:

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CRO Regn No- 687851

COURSE OVERVIEW & CONTENT

The course will cover trigger point dry needling of muscles in the following regions:

- TMJ muscles and sternocleidomastoid muscles.
- Pectoral muscles, muscles of the arm, forearm, and hand.
- Abdominal muscles, Iliopsoas and popliteus.
- Muscles of the anterior and lateral compartments of the leg, and intrinsic muscles of the foot.

Additional topics include:

- Electro-dry needling of trigger points.
- Dry needling of non-contractile tissue trigger points.
- Review and revision of selected muscles covered in the Introductory Level course (*time permitting*)

Upon completion, clinicians will have developed greater confidence and competency in treating complex presentations using advanced trigger point dry needling techniques.

LEARNING OUTCOME

Upon completion, participants should be able to

- Identify myofascial trigger points of the muscles covered during the course and recognise their referral pattern.
- Understand the role of trigger points in the temporomandibular joint (TMJ) musculature and their contribution to orofacial pain, headaches, and TMJ dysfunction.
- Understand the involvement of the sternocleidomastoid and other cervical muscles in chronic neck pain, post-whiplash syndromes, and related conditions, and apply appropriate trigger point deactivation and rehabilitation strategies.
- Understand the upper limb symptoms including shoulder dysfunctions caused directly or indirectly by trigger points of pectorals and other upper limb muscles.
- Manage conditions like tennis elbow, arthritic hands differently.
- Integrate dry needling and related techniques into the management of lower-limb, ankle, and foot conditions alongside biomechanical interventions where appropriate.
- Understand indications, contraindications and procedures of Electro-Dry needling.
- Understand & gain skills in dry needling of non-contractile tissue trigger points.

COURSE PREREQUISITES

This is an advanced-level course. Participants **must have successfully completed a minimum of 21 hours of Introductory/Foundation-Level Trigger Point Dry Needling training** in accordance with current ISCP guidelines. Participants are expected to have a sound understanding of the foundational principles of trigger point dry needling prior to attending and hence the following topics will **NOT** be covered in detail:

- Fundamental trigger point concepts.
- Pathophysiology and neurophysiology of trigger points.



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- General safety procedures and precautions, basic contraindications and infection control procedures, basic dry needling techniques and needle handling.

All participants **must hold valid Professional Indemnity Insurance** that covers the training and clinical practice of dry needling. Evidence of insurance may be requested before or during the course. Participants will also be required to sign a declaration acknowledging the practical nature of the course and agreeing to indemnify the course lecturer, course assistants, and host.

COURSE HIGHLIGHTS

- **Coloured course manual** containing detailed anatomical illustrations, trigger point referral patterns and photographs and description of needling techniques.
- Current evidences in Trigger Point Dry Needling in relevant musculoskeletal conditions.

BOOKINGS & PAYMENTS

Register or Email info@cohesivetherapy.ie to provisionally book your place. Upon registration, participants will receive bank details for online transfer or a SumUp link for card payments. **Your booking will be confirmed once the full course fee has been received.**

CANCELLATION POLICY

- **Cancellation by Participant:** A full refund (minus an administration fee) will be issued for cancellations made more than **2 weeks** before the course date. A **50% refund** (minus an administration fee) will be issued for cancellations made between **2 weeks and 48 hours** before the course. **No refund** will be granted for cancellations made **less than 48 hours** before the course.
- **Cancellation by Course Organiser/Lecturer:** The Course Organiser/Lecturer reserves the right to cancel the course or alter the venue or date. In the event of course cancellation, participants will be offered a place on a future course or a **full refund of the course fee**. However, any additional expenses incurred by participants—such as travel, accommodation, etc. **will not be compensated.**

LECTURER BIOGRAPHY

Sourjit Moharana is a Chartered Physiotherapist and Clinical Specialist in Musculoskeletal Therapy. He completed his physiotherapy degree at SVNIRTAR, India, in 1998 and worked in several hospitals and rehabilitation centres before migrating to Ireland in 2003. He began his Irish career at University Hospital Waterford before moving to Waterford Primary Care, where he continues to work as a Senior Physiotherapist. Sourjit completed a **Postgraduate Diploma in Orthopaedic Manual Therapy** at Curtin University, Australia, in 2004, followed by a **Master of Manual Therapy** from The University of Western Australia in 2010. His clinical focus is musculoskeletal physiotherapy, with a special interest in sub-acute, chronic, and



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complex musculoskeletal conditions. He is a life member of the Indian Association of Physiotherapists and a member of the Irish Society of Chartered Physiotherapists. He also holds Level II membership with the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT).

Alongside his clinical work, Sourjit lectures on Dry Needling courses across Ireland, the UK, and India. He has delivered more than 50 Dry Needling courses and has trained hundreds of clinicians at both Introductory and Advanced levels. His teaching emphasises the integration of myofascial pain and dry needling concepts with traditional manual therapy assessment and treatment approaches to optimise therapeutic outcomes.

PROGRAMME DETAILS

DAY 1

8.30-9.00AM:	Registration & Introduction.
9.00-10.45AM:	MTrP Referral Pattern & DN of Pectorals, Serratus Anterior.
10.45-11AM:	Tea
11.00-1.00PM:	MTrP Referral Pattern & DN of Arm & Forearm Muscles.
1-1.45PM:	Lunch
1.45-3PM:	Continue Dry Needling of Forearm and Hand Muscles
3-3.15PM:	Tea
3.15-5PM:	Noncontractile tissue TrPs & DN.

DAY 2

8.30-9.30AM:	Electro-Dry Needling
9.30-10.30AM:	MTrP Referral Pattern & DN of Anterior, Lateral and Deep Compartment muscles of leg.
10.30-10.45AM:	Tea
10.45-1PM:	MTrP Referral Pattern & DN of muscles of foot.
1-1.45PM:	Lunch
1.45-3PM:	MTrP Referral Pattern & DN of Sternocleidomastoid & TMJ muscles.
3-3.15PM:	Tea
3.15-4.30PM:	MTrP Referral Pattern & DN of Abdominal muscles, Iliopsoas & Popliteus.
4.30-5.00PM:	Conclusion.

IMPORTANT PRE-COURSE INFORMATION

Please read important pre-course information given below and spend some time in organising yourself.

1. Do I need professional insurance to participate in the course? As Dry Needling is an invasive procedure, all participants are required to **sign a consent and indemnity form** prior to the practical sessions, indemnifying the Course Lecturer, Course Assistant(s), and Organiser. Having professional indemnity insurance is strongly recommended. Please verify whether your employer's practice insurance covers CPD activities, including Dry Needling, as you may not require additional coverage. ISCP members must ensure that their professional indemnity insurance covers practice of Dry Needling.



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2. What should I read before the course? Brief pre-course preparation will enhance your understanding and practical application of the techniques taught. Participants are encouraged to review the **regional and surface anatomy** of the muscles covered, with particular attention to **adjacent lung fields, major vessels, nerves, and other critical structures**, to ensure safe and effective dry needling practice.

3. What should I bring to the course? *One box of **non-sterile disposable gloves** (appropriate hand size), ***Alcohol-based hand sanitizer**, *A small roll of **absorbent cotton wool**, *One large **towel or linen** for personal comfort and privacy. **Practice needles will be provided.**

4. What should I wear for the course? There will be no external models for practical sessions. Participants will practice needling techniques on one another, taking turns within their groups and exposing the areas necessary for the muscles being covered. Please wear light, comfortable clothing suitable for practical work. *T-shirts, shorts, sleeveless tops/vests, and sports bras* are recommended. We fully respect individual religious and socio-cultural beliefs. If you have any concerns about exposing specific body areas, please inform the course lecturer in advance so appropriate arrangements can be made.

5. Can I participate if I am Pregnant? **Pregnancy is not considered a contraindication to dry needling.** However, it is often mistakenly associated with any complications that may occur during pregnancy. Therefore, if you are pregnant, practice needling on yourself will be limited, and vigorous or intensive techniques will not be permitted. Please inform the course lecturer prior to attending if you are pregnant so that appropriate adjustments can be made.

6. What are the program details? Please refer to programme details above. Tea/Coffee refreshment will be provided onsite. Lunch will **NOT** be provided and you are free to use hotel restaurant/nearby delis.

7. Getting to the venue:

DRIVING - Please use Eircode **D22 X5N7** for directions in Google Maps.

From the South West – Exit 1A for access to The Louis Fitzgerald Hotel

From the City Centre – After the Red Cow Junction keep left and take Exit 1A for Clondalkin/Tallaght to go under the flyover.

Tram/LUAS: Luas Tram Line to City Centre – 10 minutes' walk from Louis Fitzgerald hotel (Red Cow Stop Red Line)

Car park at the hotel is **FREE** for delegates.

Enjoy the Unique Experience of learning...



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