

**Trigger Point Dry
Needling -
Introductory Level
14th-16th November 2025
Waterford**



Contact

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VENUE

**1 Airside, Boeing Avenue
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Airport Business Park, Waterford.
X91NTD4**

CPD Hours- 24

COST €590



COHESIVE THERAPY
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COURSE OVERVIEW & CONTENT

The aim of this course is to introduce the concept of 'Trigger Point Dry Needling' to clinicians and develop relevant practical and clinical reasoning skills. The curriculum content covers **a).** Physiology of trigger points & their referral patterns, **b).** Indications & Contraindications of needling, **c).** General Practice Guidelines & Safety aspects of needling, **d).** Trigger point palpation & identification skills, **e).** Clinical Surface Anatomy, **f).** Various needling techniques, **g).** Patient selection, education & prior consent, **h).** Pre-needling preparation, post-needling care and management of adverse events, **i).** Integrated therapeutic approach.

Participants in the course are guided through brief overview of regional anatomy to augment needling skills. This course is complemented with real case studies and participants should be able to use the techniques immediately after completion of the course.

Trigger point dry needling of Gluteus-Maximus/Medius/Minimus, Piriformis & Short external Rotators, TFL, Hip adductors, Quadriceps, Hamstrings, Calf muscles, Upper/Middle/Lower-Trapezius, Levator Scapulae, Rhomboids, Supra- & Infraspinatus, Subscapularis, Teres Major & Minor, Latissimus Dorsi, Quadratus Lumborum, Cervical, Thoracic & Lumbar Paraspinals are covered.

Declaration: *This course meets the minimum standard as outlined in ISCP guidelines on Minimal Standards for Dry Needling Education & Training.*

Formal Assessment: *Participants must successfully complete a formal theory and practical assessment at the end of the course prior to issuance of CPD certificate.*

LEARNING OUTCOME

Upon completion of the course, participants should be able to:

1. Understand the physiology of Myofascial Trigger Points.
2. Understand patient's pain/symptom presentation that involves predominantly myofascial component.
3. Identify Myofascial Trigger Points.
4. Improve Surface Anatomy and Palpation skills.
5. Understand all the Indications, Contraindications and Safety aspects of Dry Needling.
6. Improve clinical reasoning process to apply Dry Needling techniques in most appropriate conditions.
7. Perform Superficial & Deep Dry Needling techniques safely and effectively.
8. Incorporate this in daily practice as another therapeutic tool.

COURSE PREREQUISITES

1. No prior experience in needling or trigger point therapy course is required.
2. Participant MUST be fully qualified Physiotherapist / Healthcare Professionals whose scope of practice includes myo-fascial trigger point dry needling.

COURSE HIGHLIGHTS

1. Learn the techniques from a Chartered Physiotherapist with 27 years of clinical experience.
2. A Coloured course manual containing detailed anatomical illustrations, trigger point referral patterns and photographs and description of needling techniques will be provided.



3. Free practice needles for the course.
4. Pre-course study materials containing Open Access Journal Articles on myofascial pain syndromes and dry needling, Dry Needling Guidelines and Real Case Studies will be e-mailed.

BOOKINGS & PAYMENTS

Email info@cohesivetherapy.ie to book your place provisionally. Participants will be emailed bank details for online transfer or PayPal/SumUp links for card payments. Booking will be confirmed upon receipt of full course fee.

CANCELLATION POLICY

- **Cancellation by participant:** A full refund (less admin fee) if more than 2wks notice; 50% refund (less admin fee) if less than 2 weeks to 48Hrs notice. NO refund if cancelled less than 48hrs notice.
- **Cancellation by course organiser / lecturer:** Course organiser / lecturer reserves the right to cancel the course, alter the venue / date. In case of course cancellation by the organiser / lecturer, participants will be offered a place in future or receive a full fee refund. However, any other expenses e.g.travel / accommodation / leave etc. that a participant may have incurred will not be compensated.

LECTURER BIOGRAPHY

Sourjit Moharana is a Chartered Physiotherapist and Clinical Specialist in Musculoskeletal Therapy. He graduated in physiotherapy with a degree from SVNIRTAR, India in 1998. He worked in various hospitals and rehabilitation centers in India before migrating to Ireland in 2003. He started his work in University



Hospital Waterford and later moved to Waterford Primary Care and continues to work as a Senior Physiotherapist. He completed Post-Graduate Diploma in Orthopaedic Manual Therapy in 2004 from Curtin University, Australia, and Master of Manual Therapy in 2010 from The University of Western Australia. In musculoskeletal physiotherapy field, he has a special interest in sub-acute and chronic / complex musculoskeletal conditions. He is a life-member of Indian Association of Physiotherapists and member of Irish Society of Chartered Physiotherapists. He holds Level II membership of International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT). Besides his clinical job, he is involved in teaching in many Dry Needling courses nationally & internationally. He has lectured in more than 60 Dry Needling Courses and trained hundreds of clinicians in Introductory and Advanced levels. He focuses on integrating myofascial pain and dry needling concept with traditional manual therapy assessment and treatment techniques to achieve maximum therapeutic effect.



PROGRAMME DETAILS

DAY-1

8.30AM-9.00AM:	Registration & Introduction.
9.00AM-10.45AM:	Neurophysiology of Myofascial Trigger Points (MTrP) and Dry Needling (DN); Evidences, Guidelines, Ethics, Safety, Indications, Contraindications, Superficial Vs Deep Dry Needling.
10.45AM-11AM:	<i>Tea</i>
11.00AM-11.30AM:	Superficial Dry Needling Practical.
11.30AM-1.00PM:	Gluteus medius & minimus TrP Referral Pattern & DN.
1.00PM-1.30PM:	<i>Lunch</i>
1.30PM-3PM:	Gluteus maximus & TFL.
3PM-3.15PM:	<i>Tea</i>
3.00PM-5.00PM:	Gastrocnemius & Soleus.

DAY-2

8.30AM-9.30AM:	Piriformis & Hip Short External Rotators.
9.30AM-10.45AM:	Lumbar paraspinal.
10.45AM-11AM:	<i>Tea</i>
11.00AM-11.45AM:	Quadratus Lumborum.
11.45AM-1.00PM:	Quadriceps
1PM-1.30PM:	<i>Lunch</i>
1.30PM-3.00PM:	Hamstrings & Hip Adductors.
3.00PM-3.15PM:	<i>Tea</i>
3.15PM-5.00PM:	Posterior Cervical Paraspinals including occipital attachments.

DAY-3

8.30AM-9.15AM:	Thoracic Paraspinals.
9.15AM-10.45AM:	Trapezius (upper, middle and lower), Levator scapulae and Rhomboids.
10.45AM-11.00AM:	<i>Tea</i>
11.00AM-1.00PM:	Supra- & Infraspinatus, Teres Major & Minor, Latissimus Dorsi.
1.00PM-1.30PM:	<i>Lunch</i>
1.30-2.30PM:	Subscapularis & Deltoid.
2.30-3.00PM:	Theory Examination.
3-3.15PM:	<i>Tea Break</i>
3.15-4.45PM:	Practical Examination.
4.45-5PM:	Conclusion.



IMPORTANT PRE-COURSE INFORMATION

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

1. As 'Dry Needling' is an invasive approach, participants will need to sign a consent and indemnity form indemnifying the Course Lecturer, Course Assistant(s) and organiser prior to the practical session. Having professional indemnity insurance is desirable. Please check if your employer's practice insurance also extends to cover CPD activities including Dry Needling and you may not need an extra cover. Professional indemnity insurance through ISCP covers practice and training of Dry Needling.

2. What should I read before the course?

A little bit of preparation before the course will help you in grasping the techniques. **Reading regional and surface anatomy of named muscles (as in course brochure) is highly essential.** Give emphasis on lung fields, arteries, veins, nerves and other important structures in the vicinity of a muscle /group of muscles. An extensive review of anatomy using the latest audio-visual tools will be covered in the course.

3. What should I bring to the course?

One box of disposable gloves of your hand size (non-sterile); A small roll of absorbent cotton wool; One box of disinfectant alcohol swabs; PLEASE BRING One large towel/Linen for your comfort/privacy.

4. What should I wear for the course?

There will be no external model to practice needling. Participants are expected to practice the techniques on each other in turns within the group and expose adequately for needling of the muscles to be covered. You are expected to wear light clothing. T-shirts, shorts, arm less vests, sports bras are most suitable. We respect individual's religious and socio-cultural beliefs. Please bring to the attention of the course lecturer if you have any issues with exposing any body part.

5. Can I participate if I am Pregnant?

Pregnancy is not a contraindication to dry needling. However, it can be erroneously linked to needling for any mishap during pregnancy. If you are pregnant, practising needles on you will be limited and vigorous needling will be prohibited. Moreover, you may not be in a position to practice the skills immediately after the course (during late stage of pregnancy and early motherhood). Please inform the course lecturer prior to the course, if you are pregnant.

6. What are the program details?

Please refer to programme details above.

Tea/Coffee & light lunch refreshment will be provided onsite.

7. **Getting to the venue:** For directions, use Eircode **X91NTD4** in Google Maps. Car park at the venue is FREE.

Enjoy the Unique Experience of learning...

