Trigger Point Dry Needling - Introductory Level
9-11th October 2026
DUBLIN

Contact

Email: info@cohesivetherapy.ie

www.cohesivetherapy.ie

Phone: 00353-877591151

VENUE

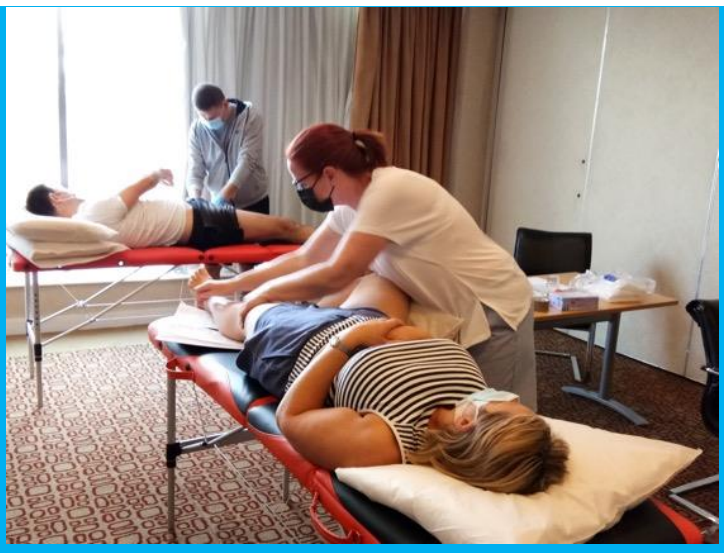
The Louis Fitzgerald Hotel Newland's Cross, Exit 1A Naas Road, Dublin 22. D22 X5N7

CPD Hours- 24, PLACES-12

COST

EARLY BIRD FEE: €590
(Must be booked on or before 30/09/2026; Standard fee thereafter)

Standard Fee: €660



COHESIVE THERAPY
00353-877591151 | info@cohesivetherapy.ie | www.cohesivetherapy.ie
CRO Regn No- 687851

COURSE OVERVIEW & CONTENT

This course aims to introduce clinicians to the principles and practice of **Trigger Point Dry Needling** while developing essential practical skills and clinical reasoning for safe and effective application in clinical practice.

The curriculum provides a comprehensive foundation in trigger point dry needling, integrating theoretical knowledge with hands-on clinical application. Participants are guided through the underlying physiology of trigger points, relevant surface and regional anatomy, and evidence-based needling techniques. Emphasis is placed on patient safety, clinical decision-making, and integration of dry needling into a holistic therapeutic approach.

The course is supported by **real clinical case studies**, enabling participants to immediately apply learned techniques in practice upon course completion.

Curriculum Content

The course covers the following key areas:

a) Physiology of trigger points and their referral patterns
b) Indications and contraindications for dry needling
c) General practice guidelines and safety considerations
d) Trigger point palpation and identification skills
e) Clinical surface anatomy relevant to dry needling
f) Various dry needling techniques
g) Patient selection, education, and informed consent
h) Pre-needling preparation, post-needling care, and management of adverse events
i) Integration of dry needling into a comprehensive therapeutic approach

Participants are also provided with a brief but focused overview of **regional anatomy** to enhance accuracy and confidence in needling techniques.

Muscles Covered

Trigger point dry needling techniques are taught for the following muscle groups:

- **Hip & Pelvis:** Gluteus Maximus, Medius, Minimus, Piriformis, Short External Rotators, Tensor Fasciae Latae (TFL), Hip Adductors
- **Thigh & Leg:** Quadriceps, Hamstrings, Calf Muscles
- **Shoulder & Upper Limb:** Upper, Middle, and Lower Trapezius, Levator Scapulae, Rhomboids, Supraspinatus, Infraspinatus, Subscapularis, Teres Major and Minor, Latissimus Dorsi
- **Spine & Trunk:** Quadratus Lumborum, Cervical, Thoracic, and Lumbar Paraspinal Muscles

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 successful completion of this course, participants should be able to:

1. Understand pathophysiology of myofascial trigger points.
2. Recognise patient pain and symptom presentations with a predominant myofascial component.
3. Accurately identify and localize myofascial trigger points through clinical assessment.
4. Demonstrate improved surface anatomy knowledge and advanced palpation skills.

5. Apply a thorough understanding of the indications, contraindications, and safety considerations related to dry needling.
6. Demonstrate sound clinical reasoning in patient selection and treatment planning
7. Utilize sound clinical reasoning to determine when and how dry needling techniques should be applied.
8. Perform superficial and deep dry needling techniques safely and effectively.
9. Manage post-needling care and potential adverse events
10. Integrate trigger point dry needling into daily clinical practice as an effective therapeutic intervention.

COURSE PREREQUISITES

1. No prior experience in needling or trigger point therapy course is required.
2. Participant MUST be fully qualified physiotherapist and carry appropriate malpractice insurance.

COURSE HIGHLIGHTS

1. Learn the techniques from a Manual Therapist with more than 28 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

Register or Email info@cohesivetherapy.ie **to provisionally book your place.** 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 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

8.30AM-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:	*Tea*
11.00AM-11.30AM:	Superficial Dry Needling Practical.
11.30AM-1.00PM:	**Gluteus medius & minimus** TrP Referral Pattern & DN.
1.00PM-1.30PM:	*Lunch*
1.30PM-3PM:	**Gluteus maximus & TFL.**
3PM-3.15PM:	*Tea*
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:	*Tea*
11.00AM-11.45AM:	**Quadratus Lumborum.**
11.45AM-1.00PPM:	**Quadriceps**
1PM-1.30PM:	*Lunch*
1.30PM-3.00PM:	**Hamstrings & Hip Adductors**.
3.00PM-3.15PM:	*Tea*
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:	*Tea*
11.00AM-1.00PM:	**Supra- & Infraspinatus, Teres Major & Minor, Latissimus Dorsi.**
1.00PM-1.30PM:	*Lunch*
1.30-2.30PM:	**Subscapularis & Deltoid.**
2.30-3.00PM:	**Theory Examination.**
3-3.15PM:	*Tea Break*
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. 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.

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 us 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)

Luas journey approx. 20 minutes to City Centre

Car park at the hotel is FREE for delegates.

Enjoy the Unique Experience of learning…