



## Course content and timetable

### ‘Dry needling: treatment of myofascial pain in horses’

#### Day 1:

9:30 – 10:00	Registration, coffee and pastries
10:00 – 10:30	Introduction
10:30 – 11:30	Lecture: Theory and background myofascial pain. Characteristics and aetiology of myofascial trigger points (MTrP)
11:30 – 12:30	Lecture: Theory and background dry needling
12:30 – 13:30	Lunch
13:30 – 14:30	Lecture: Indications and contraindications
14:30 – 15:30	Lecture: Theory of the technique of dry needling
15:30 – 17:00	Practicum: Handling the needle

#### Day 2:

9.00 – 9:30	Coffee and pastries
9:30 – 10:30	Lecture: Theory examination myofascial pain in the horse
10:30 – 12:30	Practicum: Examination myofascial pain in the horse: examination techniques (identification of the “taut band” and MTrPs)
12:30 – 13:30	Lunch
13:30 – 14:00	Lecture: Overview musculature neck region
14:00 – 15:30	Practicum: Dry needling neck region
15:30 – 16:00	Lecture: Overview musculature forehead
16:00 – 17:00	Practicum: Dry needling forehead

#### Day 3:

9.00 – 9:30	Coffee and pastries
9:30 – 10:00	Lecture: Overview musculature back
10:00 – 12:30	Practicum: Dry needling back
12:30 – 13:30	Lunch
13:30 – 14:00	Lecture: Overview musculature hindquarters
14:00 – 15:30	Practicum: dry needling hindquarters
15:30 – 17:00	Review examination and dry needling in horses