



## Biomechanics, Sports & Remedial Therapies

76 Derby Road, Long Eaton, Nottingham,  
NG10 4LB. Tel: 0115 983 5780  
www.sobsart.com  
Email: enquiries@sobsart.com



# Foundation in Acupuncture

<b>Course Overview</b>	<p>The practice of Acupuncture is becoming more popular with health professionals. We have created an Acupuncture course suitable for Podiatrists, Physiotherapists, Osteopaths, Massage and Sports Therapists.</p> <p>This Foundation course in Acupuncture is designed specifically to meet the needs of busy healthcare professionals with an interest in Acupuncture who are involved in treating musculoskeletal conditions. It will address a wide range of conditions, which are seen on a daily basis.</p> <p>On this course, traditional Chinese concepts, Western science and Western medicine are combined to equip students with a general understanding of Acupuncture and how it has evolved over the centuries. Students will be introduced to techniques showing how the best features of both traditional Chinese and Western approaches can be combined for the benefit of the patient.</p> <p>This course will present appropriate research in Acupuncture to support its teaching. There is a strong emphasis on needling techniques and the importance of Acupuncture point selection for the management of common musculoskeletal conditions. This allows students to develop confidence and experience in the use of Acupuncture.</p> <p>The Foundation course explains how Acupuncture can facilitate post-operative and post trauma healing and outlines contraindications of Acupuncture. Treatment protocols for common musculoskeletal disorders will be covered.</p> <p>Once the student has completed this course, they will have the opportunity to join the Acupuncture Practitioners Organisation (APO) and have access to ongoing training and interest groups in Acupuncture in order to keep up-to-date with the advances and current changes within this field.</p>
------------------------	--

<b>Suitable applicants:</b>	Physiotherapists, Podiatrists, Chiropractors, Osteopaths, Sports and Massage Therapists and other health professionals with an interest in Acupuncture.
<b>Workshop Duration:</b>	4 days (over two, two day session) Remainder of the course is through distance learning
<b>Workshop Dates:</b>	You can book onto the distance learning modules as and when you please, however you need to complete modules 1-3 before attending a practical workshop
<b>CPD Points:</b>	120
<b>Fee:</b>	Total £595 £55 per distance learning module £95 per one day workshop
<b>Number of Students:</b>	Maximum 12
<b>For More Information Contact:</b>	
<b>Sharron Ashby</b>	(Head of CPD)
<b>Course Facilitators:</b>	<b>Steve Bailey (Principal)</b> <b>Kevin Brocklehurst</b> <b>Temujin Eradhun</b>

If you require any further information, please visit our website [www.sobsart.com](http://www.sobsart.com) where you are able to download a course programme and application form or contact the school on:  
**0115 983 5780**

The numbers of places available is limited to ensure a low student to clinician ratio. Therefore, please note that applications will be accepted on a "first come first served" basis. A non-refundable £50.00 deposit can be made to reserve a place and settlement must be made 4 weeks prior to commencement of the course.

Please send your application form and the appropriate course fee to:

**SOBSART, 76 Derby Road, Long Eaton, Nottingham, NG10 4LB.**

## Part One

### Day One

9.00 am	Registration
9.15 am	<b>Short written and practical assessment</b> <ul style="list-style-type: none"><li>- Meridians and five elements</li><li>- Acupuncture safety test</li><li>- Needling assessment (practical)</li></ul>
10.30 am	Tea Break
11.00 am	<b>Review of principle and rules of point selection</b>  <b>Practical Session:</b> locating and needling points along the: <ul style="list-style-type: none"><li>- Liver meridian</li><li>- Gall Bladder meridian</li><li>- Spleen meridian</li></ul>
12.30 pm	Lunch
1.30 pm	Locating and needling points along the: <ul style="list-style-type: none"><li>- Stomach meridian</li><li>- Kidney meridian</li><li>- Urinary Bladder meridian</li></ul>
3.00 pm	Tea Break
3.30 pm	<b>Myofascial trigger points (review)</b> <ul style="list-style-type: none"><li>- Needling technique</li><li>- Trigger point pressure release</li></ul> Deep stroking massage techniques
4.30 pm	Close

**Part One**  
**Day Two**

9.20 am	Registration
9.30 am	Locating and needling points along the <ul style="list-style-type: none"><li>- Small intestine meridian</li><li>- Large intestine meridian</li><li>- Heart, pericardium, lung and triple energizer</li></ul>
10.30 am	Tea Break
11.00 am	Treatment of acute and chronic conditions  Point selection in the management of <ul style="list-style-type: none"><li>- Lower back pain</li><li>- Pain of the Hallux</li></ul>
12.30 pm	Lunch
1.30 pm	Acupuncture in the management of: <ul style="list-style-type: none"><li>- Hip Pain</li><li>- knee pain</li></ul>
3.00pm	Tea Break
3.30 pm	Periosteal acupuncture <ul style="list-style-type: none"><li>- Periosteal sites and needling methods</li></ul>
4.00pm	Point selection in the management of <ul style="list-style-type: none"><li>- lateral ankle sprain</li></ul>
4.30 pm	Close

## Part two

### Day three

9.20 am	Registration
9.30 am	<b>Review of indication and contra-indication</b> <ul style="list-style-type: none"><li>- Electro acupuncture units</li><li>- Discussion of frequency and settings</li><li>- Electro v manual acupuncture</li></ul> <b>Practical session</b> <ul style="list-style-type: none"><li>- Electro acupuncture</li></ul>
10.30 am	Tea Break
11.00 am	<b>Acupuncture and Trigger Points in the management of</b> <ul style="list-style-type: none"><li>- <b>Subluxed Cuboid</b></li><li>- <b>Metatarsalgia</b></li></ul>
12.30 pm	Lunch
1.30 pm	<b>Acupuncture and Trigger Points in the management of</b> <ul style="list-style-type: none"><li>- <b>Neck pain</b></li><li>- <b>Shoulder pain</b></li></ul>
3.00pm	Tea Break
3.30 pm	<b>Critical appraisal of a selection of research papers</b> <ul style="list-style-type: none"><li>-</li></ul>
4.30 pm	Close

## Part Two

Day four

9.20 am	Registration
9.30 am	Acupuncture in the management of - Heel pain
10.30 am	Tea Break
11.00 am	Case study presentations
12.30 pm	Lunch
1.30 pm	Review of internal and external pathogenic factors in TCM that can cause pain and dysfunction.  Group work: Management of a selection of musculoskeletal Conditions
3.00 pm	Tea Break
3.30 pm	Discussions of local needle policies.  Review of further courses - Useful websites - APO, AACP.
4.30 pm	Close

## Foundation Certificate in Acupuncture Coursework

There are approximately 28 hours of supervised practical and theoretical training, which takes place within classroom and clinical settings. The remaining 92 hours are calculated as follows:

<b>Pre-course work</b>	Background reading of research articles and general anatomy revision  Prior to attending the course you will need to revise your surface anatomy.	3 hours
<b>During course</b>	Complete module 1-3 and myofascial trigger point in module 5 of the distance learning course prior to attending the first weekend of the practical workshop.  Distance learning module 5  Revision for a written safety test on part one day one  Revision for a written and practical test on meridians on part one day one	30 hours  8 hours  2 hours  2 hours
	Complete module 5 of the distance learning course prior to attending the second weekend practical workshop.  Preparation of one detailed case studies for 10 minute presentations on: – part two day four  Complete a critical appraisal of a research paper on the use of acupuncture in the management of musculoskeletal conditions. To be presented on part two day three  Revision for practical assessment - Location and function of selected points  Review and write short notes on local NHS primary care trusts or private practice policy for acupuncture. To be discussed on day four	15 hours
<b>After course work</b>	Complete the detailed case study and three additional case studies.  Finalise Log Book (minimum 4 patients)  You have up to ten weeks following the course to complete and submit these case studies and log book	12 hours  20 hours

## After the Course

SOBSART and The Acupuncture Practitioners Organisation (APO) will continue to provide ongoing advanced training and CPD courses for practitioners who have completed a suitable 80-hour foundation-training programme.

Top-up courses are available for candidates who have completed a basic acupuncture of less than 80 hours.

Once you have completed this foundation course, you will be invited to join The Acupuncture Practitioners Organisation. As a member, you will have:

- Access to the latest updates in research in Acupuncture and musculoskeletal conditions.
- The opportunity to participate in research by gathering information and collecting data about specific techniques to help enhance the development and utilisation of acupuncture.
- The opportunity to register onto our evening and weekend workshops and seminars for those wishing to have a greater understanding of Traditional Chinese Medicine and Western acupuncture.

It is recommended that you obtain a copy of the three required books below. Before attending the workshop please ensure you have a copy of **A Practical guide to Acu-points** as it highly referenced during the workshop.

## **Required Books**

Chris Jarmey and Ilaira Bouratnos, **A Practical guide to Acu-points**. Lotus Publishing, 2008. ISBN 9780954318840. £24.99

Gabriel Stux, Brian Berman and Bruce Pomeranz. **Basics of Acupuncture**. Springer-Verlag Berlin and Heidelberg GmbH & Co. K. 2003. ISBN 3540442731

Mike Cumming, Adrian White and Jacqueline Filshie, **An Introduction to Western Medical Acupuncture**. Churchill Livingstone. 2008. ISBN 13: 978-0-443-07177-5.

## **Recommended Reading**

Hans-Ulrich Hecker, A. Steveling, E. Peuker, et al. **Color Atlas of Acupuncture**. Thieme Publishing Group. 2001. ISBN 3131252219

Peter Deadman, and Mazin Al-Khafaji with Kevin Baker. **A Manual of Acupuncture**. Second ed 2007, reprinted 2008. ISBN 9780951054659.

Nadia Ellis. **Acupuncture in Clinical Practice - A guide for health professionals: A Guide for Health Professionals (Therapy in Practise)**. Nelson Thornes. 1999. ISBN 0748753133

Harris Gellman. **Acupuncture Treatment for Musculoskeletal Pain: A Textbook for Orthopaedics, Anesthesia and Rehabilitation**. Harwood Academic (Medical, Reference and Social Sc. 2001. ISBN 9057025167

Val Hopwood. **Acupuncture in Physiotherapy: Key Concepts and Evidence-Based Practice**. Butterworth-Heinemann. 2004. ISBN 0750653280