



Biomechanics, Sports & Remedial Therapies

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



Acupuncture in the management of common foot disorders

Course Overview	This course Integrate massage therapy, joint mobilisation, and exercise rehabilitation with traditional Chinese and western acupuncture. It is ideal for practitioners who have completed a foundation course in acupuncture and would like to enhance their skills and understanding of acupuncture in the management of foot disorders. You will learn how to use special point combinations to strengthen the lower limb, effectively reduce pre and post-operative pain, swelling and increase joint mobility. There are approximately 7 hours of supervised practical and theoretical training, which takes place within classroom and clinical settings. The remaining 8 hours is a home study pack, which need to be completed prior to attending the course. Therefore it is recommended that you register on to the course as early as possible.
Suitable applicants:	Health professionals who have already completed a foundation course in acupuncture.
Workshop Duration:	1day plus pre and post course work.
Workshop Dates:	All applicants will need to be registered no later than 2-4 weeks before the course starts to begin their pre-course work.
CPD Points:	15
Fee:	£105
APO Members:	£90
Number of Students:	Maximum 10
For More Information Contact:	
Steve Bailey	(Head of CPD)
Course Facilitators:	Steve Bailey (Principal) Temujin Eradhun

If you require any further information, please contact the school on:

0115 983 5780

Or email at:

enquiries@sobsart.com

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.

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

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

Course time table

9.00 am	Registration
9.15 am	Review of special point combinations Acupuncture, trigger points and mobilisation in the management of acute and chronic disorders of the Hallux
10.30 am	Tea Break
11.00 am	<ul style="list-style-type: none">- Painful Peripheral Neuropathy- Paralysis of the lower limb- Restless Leg Syndrome
12.30 pm	Lunch
1.30 pm	<ul style="list-style-type: none">- Predislocation syndrome of the 2nd and 3rd metatarsophalangeal joints- Posterior tibialis dysfunction- Heel pain
3.00 pm	Tea Break
3.30 pm	<ul style="list-style-type: none">- Pre and Post-Operative Management of the Podiatric foot- Swelling, bone repair- Pain management
5.00pm	Close

Acupuncture Coursework

There are approximately 7 hours of supervised practical and theoretical training, which takes place within classroom and clinical settings. The remaining 8 hours are calculated as follows:

Pre-course work	<p>You will need to read up on the following subjects prior to attending the course: The kidney; bladder; liver; gallbladder; spleen and stomach meridians and points along these meridians from the toes to just above the knee joint. Familiarise yourself with the main function of each meridian with regards to the tissue structure it most relates to i.e. kidney meridian and urinary bladder meridians are indicated in the treatment of bone and joint conditions.</p> <p>Study the notes on:</p> <ol style="list-style-type: none">1. The main causes of musculoskeletal disorders in TCM2. The five elements in relation to musculoskeletal assessment and diagnosis3. General principle of point selection <p>Prior to attending the course you will need to familiarise yourself with the following special points and how they may be used in the management of musculoskeletal injuries:</p> <ul style="list-style-type: none">- Command points- Xi-clef points- Sauce points- Luo-connecting points- Extra-ordinary points- Trigger Points	8 hours
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After the Course

SOBSART and The Acupuncture Practitioners Organisation will continue to provide on-going advanced training and CPD courses for practitioners who have completed a foundation-training programme or an intermediate course.

Once you have completed this intermediate 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.

Recommended Reading

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