



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 Acute and Chronic Lower Back Pain

Course Overview

This course Integrate massage therapy and physical therapy with Traditional Chinese and Western acupuncture. It is designed for practitioners who have completed a Foundation/Introduction course in acupuncture and would like to further develop their skills in the use of Western and Traditional Chinese acupuncture techniques in the management of acute and chronic Lower Back Pain.

70-85% of the UK population will experience LBP at some point in their lives. Low back pain can be debilitating, by severely restricting the mobility and functional capabilities of the sufferer, which importantly, can limit their quality of life. Consequently, it is crucial that we ensure that we provide the best possible treatments, as our interventions need to have positive outcomes.

This course aim to enhance your understanding and treatment of lower back pain using acupuncture. You will learn how to address specific aspects of lower back pain utilising acupuncture with regards to whether it is affecting the muscles or vertebra, whether the pain is on the lateral or central back and whether pain is radiating into the extremities. These symptoms will determine which acupoints are best suited to effectively manage the condition. You will learn how to integrate acupuncture into you current practice, for example applying a couple of specific or special acupuncture points to relax regions of the spine before mobilisation or specific points that help to increase mobility and relax muscles in the acute phase. Frustration, anger, anxiety and other emotional factors will be discussed with regards to how they can exacerbate back pain and how it can be managed with acupuncture.

Suitable applicants:	Health professionals who have already completed a foundation course in acupuncture.
Workshop Duration:	1 day plus pre course work.
Workshop Dates:	All applicants will need to be registered no later than 4 weeks before the course starts to begin their pre-course work.
CPD Points:	10
Fee:	£95
APO Members:	£85
Number of Students:	Maximum 10
For More Information Contact:	
Mary Ellis	(Head of CPD)
Course Facilitators:	Steve Bailey (Principal) Temujin Eradhun Rob Smith

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.

Day One

09.00 am	Registration Tea/Coffee
09.15 am	<p>Introductions</p> <p>Review nature of back pain Western perspective:</p> <p>TCM cause of lower back pain:</p> <ul style="list-style-type: none"> - External pathogenic causes - Cold, wind, damp - Retention of cold and damp - Stagnation Qi-blood - Liver Qi stagnation - Kidney deficiency <p>Review of special and extra point in the management of lower back pain</p>
10.30 am	Tea Break
10.50 am	<p>Review of trigger points affecting lower back and hips.</p> <ul style="list-style-type: none"> -Distal points, and extraordinary point combinations. <p>Management of acute lower back pain.</p> <ul style="list-style-type: none"> -Distal points, and local points <p>Management of chronic lower back pain.</p> <ul style="list-style-type: none"> -Distal points and local points
12.30 pm	Lunch
1.30 pm	<p>Practical session</p> <p>Meridian massage techniques, acupressure and acupuncture:</p> <ul style="list-style-type: none"> - QL muscles corrective spine - Gluteus minimi/medius - Psoas Muscle - Rectus abdominal - Nerve root entrapment.
3.15 pm	Tea Break
3.30 pm	Treatment of chronic LBP affecting the lumbar spine
4.00 pm	<p>Psychological cause and response to pain:</p> <ul style="list-style-type: none"> - Stress - Anxiety - Anger - Fear <p style="margin-left: 40px;">- Emotions and its effect on back pain</p>
5.00 pm	Close

Acupuncture in the management of acute and chronic lower back pain Coursework

There are approximately 7 hours of supervised practical and theoretical training, which takes place within classroom and clinical settings. The remaining 3-8 hours are calculated as follows:

<p>Pre-course work</p>	<p>You will need to read up on the following subjects prior to attending the course: The kidney; bladder; liver; gallbladder, Du Mai meridians. 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 TCM 2. The five elements in relation to musculoskeletal assessment and diagnosis 3. 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 	<p>3-8 hours</p>
<p>After course work</p>	<p>N/A</p>	<p>N/A</p>

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 suitable 80-hour 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

Whitfield Reaves, **The Acupuncture Handbook of Sports Injuries & Pain: A Four Step Approach to Treatment**. Hidden Needle Press, 2009.