

# Training in Musculoskeletal Medicine

## "Dry Needling - The 20 Best"

**Assessment and Treatment of Myofascial Pain for Physicians**  
February 21-22, 2018  
Tel Aviv, Israel

<http://dry-needling.isas.co.il>

Including our free online introductory course:  
**The Theory of Myofascial Problems**

Chronic myofascial pain is a common clinical condition and causes considerable suffering and frequent visits to the health practitioner. The Israeli Society of Musculoskeletal Medicine presents a series of modular courses for physicians, for the assessment and treatment of myofascial pain, based on updated knowledge and accepted physiologic and neuroanatomic principles. In our courses we review the scientific underpinnings and provide instruction in the basics of treatment techniques that are useful in our everyday practices. We examine the body and its musculoskeletal structure from a unique perspective.

This basic module is built in particular by practice-based physicians.

The theory section of the course is presented as an internet "online course", it may be perused and reviewed prior to the practical 2-day training.

Emphasis is placed on the identification, assessment, diagnosis and treatment from a practical standpoint. The course provides the forum for the acquisition of treatment techniques that are "low-tech," easy and quick. We will learn commonly-seen pain patterns from involved muscles and joints. Among the syndromes seen in clinical practice, we will concentrate on: headache, neck and back pain, tennis elbow, shoulder pain, heel pain, and iliotibial band friction syndrome.

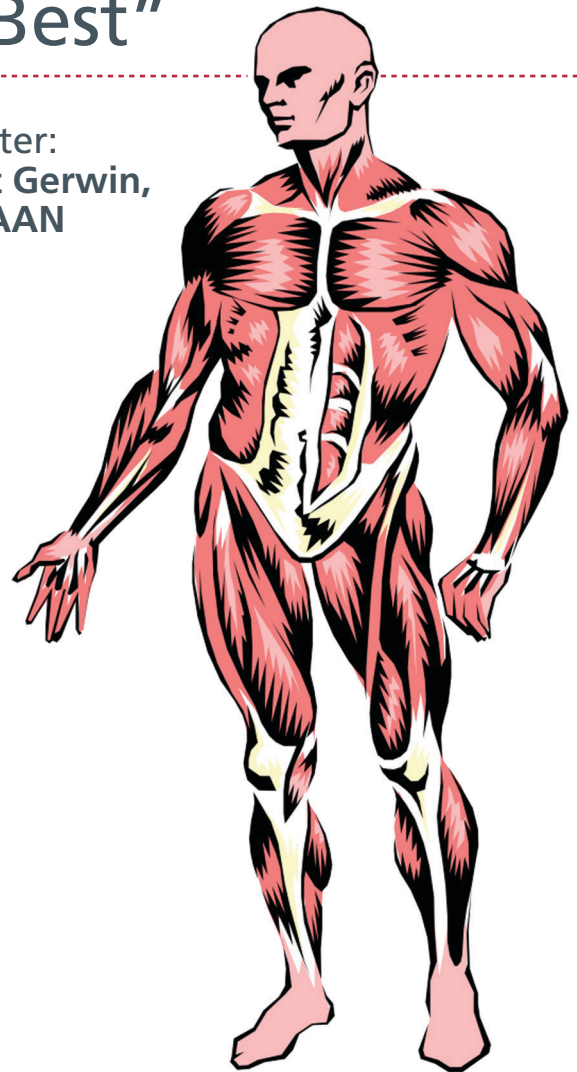
The course is recognized by the Scientific Council of the Israeli Medical Association for CME accreditation.

**The course objectives include the acquisition of knowledge and technical skills in the following areas:**

- Myofascial pain syndrome (MPS)
- Trigger point identification and therapy
- Dry needling (Intramuscular Stimulation)
- Building a treatment plan for MPS

Limited by the time restrictions inherent in a basic introductory course

**Presenter:**  
**Robert Gerwin,**  
**MD, FAAN**



- The language of instruction for lectures and all of the material presented on the screen will be in English.
- We commit to providing an instructor-to-student ratio of approximately 1:6, and all of our instructors are proficient in English (a significant number of them native English-speakers)

\* As a scientific association within the Israel Medical Association our primary target audience is the medical community.

**For further information and registration:**

**Academic consultants:**

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**לגעת בכאב Touching the pain**

החברה הישראלית לרפואת שריר שלד  
The Israeli Society of Musculoskeletal Medicine



# Training in Musculoskeletal Medicine "Dry Needling - The 20 Best"

Presenter:  
Robert Gerwin, MD, FAAN

February 21-22, 2018 / Tel Aviv, Israel



## Day 1: Wednesday, Feb 21 2018

## Lecturer

## Muscles learnt

8:00 - 8:30	0:30		Arrival and Registration		
8:30 - 9:30	1:00	1-1	Review of Internet lectures: essentials and "pearls"	Vulfsons	
9:30 - 10:15	0:45	1-2	Dry Needling technique - Safety and Precautions <i>practice session on sponge/fruit/self/partner/ biceps</i>	Kent	
10:15 - 10:45	0:30		Coffee Break		
10:45 - 12:15	1:30	1-3	Head and Neck Pain	Vulfsons	
12:15 - 13:15	1:00	1-4	Forearm pain	Bar	
13:15 - 14:15	1:00		Lunch Break		
14:15 - 16:45	2:30	1-5	Shoulder Pain	Gerwin	
16:45 - 17:45	1:00		Case Study in Upper Arm Pain	Kent	
17:45 - 18:00	0:15		Wrap up day 1		

### Muscles Day 1

1-2 Biceps	30mm
1-3 Trapezius	40mm
1-4 ExtCarpiRadLongus	30mm
1-5 Supraspinatus	50mm
1-5 Infraspinatus	40mm
1-5 Latissimus dorsi	40mm

10:00

## Day 2: Thursday, Feb 22, 2018

### Muscles Day 2

8:00 - 8:30	0:30	2-1	1) Pearls from Day1 2) Participants' questions from Day 1	Kent	
8:30 - 10:30	2:00	2-2	Hip and Low back pain	Kent	
10:30 - 11:00	0:30		Coffee Break		
11:00 - 13:00	2:00	2-3	Back pain	Gerwin	
13:00 - 14:00	1:00		Lunch Break		
14:00 - 16:00	2:00	2-4	Thigh and Knee pain	Harash	
16:00 - 17:45	1:45	2-5	Calf and foot pain	Finestone	
17:45 - 18:00	0:15		Course summary, feedback and certificates		

2-2 Gluteus medius	75mm
2-2 Gluteus minimus	75mm
2-2 Piriformis	50mm
2-3 Erector spinae	40mm
2-3 Quadratus lumborum	75mm
2-3 Multifidi	50mm
2-4 Rectus femoris	40mm
2-4 Vastus medialis	40mm
2-4 Vastus lateralis	50mm
2-4 Sartorius	30mm
2-4 Gracilis	40mm
2-4 Semitendinosus	40mm
2-5 Gastrocnemius	50mm
2-5 Soleus	50mm
2-5 Tibialis anterior	40mm

10:00

20:00