Provide myofascial dry needling (MDN) treatment (VU21418)
Course code: S155112

Description
RMIT University is a quality education provider of Myotherapist qualifications and is pleased to offer this accredited course that will provide you with the skills and knowledge and problem solving techniques required to competently provide myofascial dry needling treatments.

The course is designed for qualified remedial massage therapists, osteopaths, physiotherapists and chiropractors to improve their skill set, enhance their clinical effectiveness and broaden the range of conditions that they can treat effectively within their professional scope of practice.

Content
The course covers the below topics:

- how to responsibly and safely implement MDN into your treatments for myofascial trigger points, myofascial pain and other presented conditions,
- the technical application of the skill, including client skin preparation, safe handling of needles, disposal of sharps and biohazards, infection control and hygiene requirements,
- the history of needling, its effect on the body and similarities and differences with acupuncture,
- how to accurately identify and palpate trigger points and assess myofascial tension,
- dermatomes and myotomes and the fundamentals of pain physiology,
- management of adverse reactions post treatment that include pain, bruising, fainting and pneumothorax.

Learning Outcomes
Graduates of this course should be able to treat complex cases more effectively due to extended knowledge, skills gained and techniques learnt.

Graduates can include this treatment to their scope of practice; seek work as a member of a health clinic or as a specialist member within an interdependent multidisciplinary team of health professionals.

Suitable for:
- qualified therapists/health professionals who have this modality within their current scope of practice, massage therapists, osteopaths, physiotherapists and chiropractors,
- practicing myotherapists who wish to improve or revisit their myofascial dry needling,
- those who want to add this modality to their professional scope of practice and treat patients or revisit and improve their current knowledge and skills.

Course Dates/Times
The course is offered over four weekends as follows:

- Saturday, 21 May, 2016 1.00 - 5.00 (4 hrs)
- Sunday, 22 May, 2016 10.00 - 5.00 (7 hrs)
- Saturday, 28 May, 2016 1.00 - 5.00 (4 hrs)
- Sunday, 29 May, 2016 10.00 - 5.00 (7 hrs)
- Saturday, 4 June, 2016 1.00 - 5.00 (4 hrs)
- Sunday, 5 June, 2016 10.00 - 5.00 (7 hrs)
- Saturday, 11 June, 2016 1.00 - 5.00 (4 hrs)
- Sunday, 12 June, 2016 10.00 - 5.00 (7 hrs)
(Assessment day).
Facilitators

Bianca Alivizatos
Bianca Alivizatos has been practicing as a Myotherapist for over eleven years. She completed her Masters of Applied Science in Chinese Medicine specialising in acupuncture. Since completing her studies Bianca has completed courses in Bowen Therapy and Cosmetic Acupuncture. Bianca has special interests in the combination of acupuncture and muscle balancing techniques.

Josh Davies
Josh is a qualified Myotherapist with over 10 years experience in private clinics and has been teaching at RMIT since 2004. With a passion for pain physiology and corrective exercises, Josh is an extremely engaging and caring Myotherapist who places strong emphasis on resolving the problem quickly and providing the client with the knowledge and exercises to prevent reoccurrence of the injury.

Josh and Bianca won the 2015 RMIT University Teaching and Research award.

Materials to bring
Participants must wear fully enclosed shoes, full-length trousers and a short sleeve top. Participants are encouraged to bring their laptops and iPads as a wireless network is available. The course is delivered face-to-face and participants complete practical activities in a simulated clinical environment that offers excellent work related learning outcomes.

Pathways
Dry needling experts work in hospital settings, private practices and in pain management. Participants who successfully complete this course can gain credit into the 22248VIC Advanced Diploma of Myotherapy qualification.

Professional development points
This course is endorsed by the Institute of Registered Myotherapists of Australia (IRMA) Professional Development Committee. It has been allocated 16 Professional Development Points, Cat 1.

How to enrol
Google: http://www.shortcourses.rmit.edu.au
Click: A-Z
Click: P
Open: “Provide Myotherapy Dry Needling”.

Short courses enquiries and credit card enrolments
(03) 9925 8111.

Fee: $1,200.00

Prerequisites
Participants must hold either a Bachelor degree in a relevant discipline, HLT50307 Diploma of Remedial Massage or 21920VIC Advanced Diploma of Myotherapy Remediai Massage (Myotherapy).

Upon enrolment, participants will be forwarded the pre-reading and quiz which must be completed before attending the first class.

Materials supplied
The course is delivered in fully equipped training facilities. All related range of texts, medical manuals, references and audio visual materials are supplied.

Award
On successful completion of the assessment tasks participants will receive a nationally recognised Statement of Attainment for VU21418 Provide myofascial dry needling treatment (a unit from the 22248VIC Advanced Diploma of Myotherapy course).

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For more information
For further information please contact Josh Davies, 03 9925 4333 or email Joshua.davies@rmit.edu.au

“Check out the testimonials”

“The MDN intensive short course at RMIT was one of the most thorough and in depth courses I have attended. The knowledge I gained over the 4 weekends was extensive, and provided me with absolute confidence when conducting MDN in my own clinic setting”. Kerri.

“The depth of experience that the presenters brought to the workshops shone through their delivery. I came away feeling confident that I’d more than adequately grasped the skills and have the ability to implement them with safety and expertise”. Jane.

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