



3rd Saudi Spine Society Annual Conference

Promoting Excellence in
Multidisciplinary Spine Care

Pre-Conference Workshop #8

Acupuncture Vs. Dry Needling for Low Back Pain

Chairperson:

Mr. Salman Al Mustafa
Dr. Ameera Al-Abdullah

📅 **November 16, 2019**

🕒 **13:00 - 17:00**

SHERATON HOTEL

DAMMAM, SAUDI ARABIA

Limited Seats

Target Audience:

Neurosurgeons
Orthopedic Surgeons
Anesthesiologists
Nurses
Physical Therapists
Chiropractors
All Medical Staff



الهيئة العامة للغذاء والدواء
Saudi Commission for Health Specialties

**8 HRS
CME
ACCREDITED**

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Timetable

TIME	TOPIC
13:00 – 13:30	Introduction to Acupuncture Acupuncture definition, Acupuncture physiology, literature reviews, Diagnostic kit, TCM low back pain patterns, acupoints, (UB22, 23, 24, 25, 26 and Ashies) techniques, precautions and contraindications, Needling protocol.
13:30 – 15:00	Acupuncture Needling Lab Surface anatomy and anatomical landmarks, points identification, Aseptic techniques, needling techniques, and participants practice
15:00 – 15:30	Introduction to Dry needling Definitions, history, Muscle anatomy, myofascial pain syndrome, Trigger points types and diagnosis, Dry needling schools, local twitch response, Standards precautions, Dry needling protocol and procedures.
15:30 – 17:00	Dry Needling Lab Surface anatomy, soft tissue disorders identifications, Dry needling techniques demonstration on lumbar erector spinae muscles (Iliocostalis lumborum, longissimus thoracic), Multifidus needling and Quadratus lumborum, Local twitch response elicitation, participants grouping and practice session