

BASIC DRY NEEDLING TRAINING FOR LOWER QUADRANT

Date & Time	28 September 2025 9:00am - 6:00pm
Location	12 Wood Square Tower 1, #13-81 S737715

COURSE CURRICULUM - DAY 1

Time	Topic	Activity	Description
0900 - 1115	Basic Concepts of Dry Needling and Acupuncture	Theory	<ul style="list-style-type: none"> Safety and Hygiene in Dry Needling Practice Indications and Contraindications for Dry Needling Adverse Events and Emergency Management
1115 - 1130	Tea Break		
1130 - 1300	General Dry Needling Techniques	Practicum	
1300 - 1400	Lunch Break		
1400 - 1500	Overview of the Meridian System and its Clinical Relevance	Theory	
1500 - 1800	Trigger Point Palpation Skills	Practicum	<ul style="list-style-type: none"> Dry Needling Techniques for the Hip and Thigh Region

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Date & Time	29 September 2025 9:00am - 6:00pm
Location	12 Wood Square Tower 1, #13-81 S737715

COURSE CURRICULUM - DAY 2

Time	Topic	Activity	Description
0900 - 1000	Mechanisms and Therapeutic Effects of Dry Needling	Theory	
1000 - 1115	Surface Anatomy and Common Points around the Knee	Practicum	
1115 - 1130	Tea Break		
1130 - 1300	Surface Anatomy and Common Points around the Knee	Practicum	
1300 - 1400	Lunch Break		
1400 - 1500	Clinical Reasoning for Integrating Dry Needling in Physiotherapy	Theory	
1500 - 1800	Surface Anatomy and Common Points around the Ankle and Lower Leg	Practicum	

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Date & Time	30 September 2025 9:00am - 1:00pm
Location	12 Wood Square Tower 1, #13-81 S737715

COURSE CURRICULUM - DAY 3

Time	Topic	Activity	Description
0900 - 1000	Written Assessment	Assessment	
1000 - 1115	Practical Competency Examination	Assessment	
1130 - 1300	Closing and Feedback	Discussion	
End of Course			