



ACUPUNCTURE AND DRY NEEDLING

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I am excited to present the latest evidence, safety concerns and practical techniques for acupuncture and dry needling in the foot and ankle region in the conference program, with an additional one-hour practical session in the pre-conference workshop. For attendees to participate in the advanced practical component of the pre-conference workshop, they must have previously completed acupuncture and dry needling training. During my second conference session, the aetiology of tendinopathy, paratendinitis, tendon tears and calcification in tendons and the effect of acupuncture and dry needling on them will be presented, along with the needling styles and practical approaches that are likely to be effective.

Literature reviews of acupuncture and dry needling treatment for various conditions of the foot and ankle as well as tendon pathologies are included. Relevant safety precautions will also be addressed. Practical presentations

and discussions about advanced acupuncture and dry needling techniques and effective clinical decision-making will ensure that participants walk away with specific clinical pearls as well as updating their knowledge according to the latest evidence.

Following the pre-conference workshop and in conference presentations, participants should be able to assess the risk and benefits of using needling therapies as part of a multimodal approach to treating various conditions in the foot and ankle region or in tendon pathologies.



The best thing about the APA biennial conferences is the concurrent sessions run by the various specialty groups. I have a clinical background in musculoskeletal medicine, sports medicine and ergonomics as well as acupuncture and dry needling so I will look out for presentations in those areas as well as attending the acupuncture and dry needling sessions.



Leigh McCutcheon demonstrates dry needling. Image: Leigh McCutcheon.