



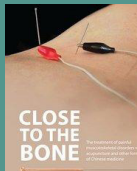
David Legge

David Legge has practised as an acupuncturist and osteopath for 30 years specialising in the treatment of painful musculoskeletal conditions.

He is the author of the popular text 'Close to the Bone', the 'JingJin: Acupuncture Treatment of the Muscular System using the Meridian Sinews' and the handbook 'Acupuncture Points and Meridians' and Trigger Point Charts. He has taught widely in Australia, US & Europe.

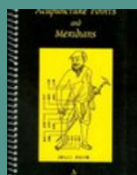
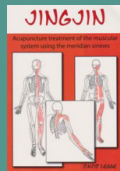
David has spent his working life exploring how to get the best from both a Chinese medicine and an anatomical perspective when treating musculo-skeletal disorder. An important recent step was the recognition that the JingJin theory could be used to describe the approach to treating muscular disorder that he had slowly developed over years of practice. Unfortunately, the poor traditional descriptions of the pathways was a hindrance to effective use of the system in the clinic. This led to a re-examination of the pathways in the light of contemporary knowledge of the structure & function of the muscular system.

Author of



Close to the Bone: The treatment of musculoskeletal Disorders with acupuncture and other forms of Chinese Medicine

Jingjin: Acupuncture Treatment of the Muscular System using the Meridian Sinews



Acupuncture Points & Meridians

Trigger Point Charts



Registration Form

I WISH TO ENROL IN:

- Workshop 1: The Lower Back (22nd April 2018)
- Workshop 2: The Lower Limb (27th May 2018)
- Workshop 3: Neck, Head & Upper Back (1st July 2018)
- Workshop 4: Shoulder & Upper Limb (7th October 2018)

Venue: Australian Shiatsu College, 103 Evans St, Brunswick, 3056
Times: 9:30am - 5:00pm CPD: 6 Points (each)

COURSE FEES (PER WORKSHOP)

	EARLY BIRD*	REGULAR
Full Rate	<input type="checkbox"/> \$295	<input type="checkbox"/> \$335
Prof. Assoc. Member	<input type="checkbox"/> \$275	<input type="checkbox"/> \$315
Student Rate	<input type="checkbox"/> \$215	<input type="checkbox"/> \$235

* A \$100 deposit is required for each workshop to secure booking and the early bird rate expires 4 weeks prior the course

SPECIAL DEAL

Book and attend all four workshops and pay half price for the fourth workshop!

PERSONAL DETAILS

SURNAME:

FIRST NAME:

ADDRESS:

.....

PHONE:

EMAIL:

Student No.:

Prof. Association No.:

PAYMENT METHOD

Credit Card: VISA or MASTERCARD

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Expiry: □□ / □□

Name on card:

Signature:

* CANCELLATIONS: Registrations cancelled up to one week prior to the seminar will be refunded less 20%. We regret that refunds are not otherwise possible.



CHINA BOOKS

Acupuncture for Musculoskeletal Pain

A Masterclass Series

David Legge

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1. The Lower Back
2. The Lower Limb
3. Neck, Head and Upper Back
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David Legge will be presenting a 'Acupuncture for Musculoskeletal Pain' masterclass series of four individual workshops which will explore the treatment of the musculoskeletal system with acupuncture.

Each hands-on workshop will cover the treatment of a specific region.

All the common and some not so common presentations will be discussed from both Chinese medicine and anatomy based perspectives.

The relevant anatomy and diagnostic procedures, including physical examination will be presented. Specific needle techniques will be demonstrated and treatment strategies detailed.

There will be an emphasis on the integration of clinical understanding with treatment technique to improve your clinical results.

Workshop 1

The Lower Back

- * Treating acute low back pain with local and distal treatment including a discussion of balance and Tung systems
- * Diagnosis and treatment of:
 - Intervertebral syndromes (Joints, discs & ligaments)
 - Muscular syndromes
- * Chronic and degenerative conditions

Workshop 2

The Lower Limb

The Hip and Buttock

- * Osteoarthritis of the hip joint
- * Adductor strain
- * Groin pain
- * Greater Trochanter Pain Syndrome

The Knee

- * Myofascial trigger points
- * Acute injuries
- * Meniscus lesions
- * Overuse syndromes of the knee
- * Chronic degenerative conditions

The Foot and Heel

- * Trigger points
- * Lateral ankle sprain
- * Tendinitopathy of tendons
- * Plantar fasciitis
- * Shin splints, stress fractures, bunions

Workshop 3

Neck, Head and Upper Back

- * The diagnosis and treatment of neck pain:
 - Simple muscular cases
 - Facet joint and disc syndromes
 - Neurological involvement
 - Complex patterns
- * Headaches
- * Treatment of the jaw
- * The Thoracic Spine and Ribcage
 - Myofascial trigger points
 - Vertebral and rib dysfunction

Workshop 4

Shoulder and Upper Limb

The shoulder

- * Myofascial trigger points
- * Supraspinatus tendinopathy (rotator cuff dx)
- * Acromio-clavicular sprain/arthritis
- * Frozen shoulder

The Elbow

- * Tennis Elbow
- * Arthritis of the elbow joint

The Forearm, Wrist and Hand

- * The wrist joint
- * Osteoarthritis of the 1st carpo-metacarpal joint
- * Tenosynovitis
- * Stenosing tenosynovitis (trigger finger)
- * Carpal tunnel syndrome