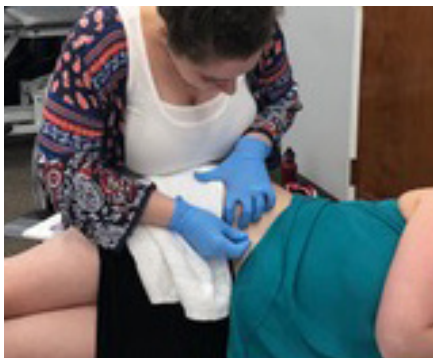
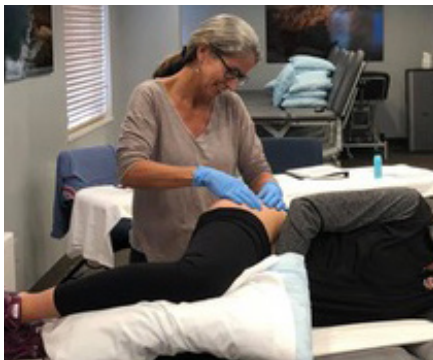


# Dry Needling for Pelvic Pain



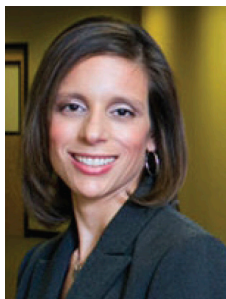
## About the Course

This 3-day course will introduce the concepts of trigger point dry needling as it relates to the muscles of the pelvis and perineum. It will integrate pain science research with anatomy and biomechanics of the pelvis and pelvic floor. Students will learn techniques to safely perform trigger point dry needling to the region. They will also learn clinical patterns that may facilitate improved clinical reasoning as to when and where to utilize trigger point dry needling. Muscle groups include the hip abductors, adductors, flexors, abdominal muscles, urogenital triangle, levator ani and coccygeus. Students will review the anatomy, function, and dry needling techniques for each muscle.

The Dry Needling for Pelvic Pain course is designed with the pelvic health practitioner in mind. It improves the proficiency of dry needling skills in these providers while maintaining focus on the muscles most commonly treated in people with chronic pelvic pain and other types of pelvic floor dysfunction.

This is a three-day course including a practical examination on the third day.

## ABOUT THE INSTRUCTOR



The instructor of the Pelvic Pain Dry Needling course is Blair Green PT, DPT, OCS, PHC. She graduated with her Master's of Physical Therapy from Hahnemann University and completed a transitional DPT from Evidence in Motion Institute of Health Professions in conjunction with a Pelvic Health Certification.

She is Board Certified in Orthopaedic Physical Therapy, is a Polestar trained Pilates Instructor, and a Certified Strength and Conditioning Specialist (NSCA). She is certified in Trigger Point Dry Needling through Myopain Seminars.

Register Today!

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