

Courses by Christopher Norris

FOUNDATION COURSE

80 hour AACP approved foundation course.

- 2, 3 day blocks or
- 3, 2 day blocks (mid week)
- Time in between for practice.
- Includes acupuncture pocket book (RRP £12.99)

ACUPUNCTURE FOR SPORT

Two day intermediate level course covering treatment of musculoskeletal conditions in sport.

- Choosing effective acupuncture points
- Periosteal needling
- Trigger point needling
- Introduction to electroacupuncture
- Treatment protocols
- Case history group work.
- Includes acupuncture pocket book (RRP £12.99)

ACUPUNCTURE UPDATE

Single day 10 hour (with structured pre-course reading) revision course.

- Pain – western and TCM models
- Meridian pathways and outpatient symptoms
- Revision of common points
- Choosing effective points
- Treatment planning and progression

ACUPUNCTURE FOR HEADACHES

- Headache position and meridian pathways
- Trigger points in headache management
- Integrating acupuncture with physiotherapy
- Revision of needle insertion – head and face techniques
- Treatment of tinnitus
- TCM headache patterns

TRIGGER POINTS

Single day (7 hours) intermediate level course covering both needling and manual therapy techniques for trigger point release.

- Trigger point physiology
- Current methods of trigger point treatment
- Muscle stripping and ischemic compression
- Superficial and deep dry needling
- Safety considerations
- Needling common trigger points

INTRODUCTION TO TCM

A single day intermediate acupuncture course introducing basic theories of Traditional Chinese Medicine (TCM) as they relate to the acupuncture treatment of musculoskeletal conditions.

- Introduction to pulse and tongue diagnosis
- The 8 principles & 10 questions
- Zang Fu organs
- Treatment planning using TCM
- Using TCM for point prescription

NON ACUPUNCTURE COURSES

Chris Norris runs a series of non-acupuncture courses including Back stability & muscle imbalance (2 day trunk and lower limb) 1 day (upper limb). Stretching workshop (1 day). SIJ & pelvis (1 day). Principles of exercise therapy (1 day).



Chris Norris is a physiotherapist with over 25 years experience, he holds an MSc in exercise therapy, a certificate in medical education (cert med ed), and is a PhD candidate at Staffordshire university.

He is the author of seven physiotherapy and exercise books including:

Acupuncture
(Elsevier)

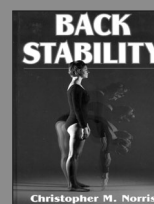
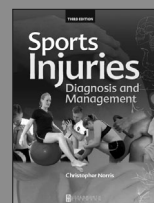
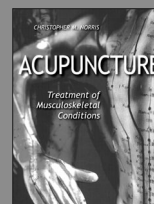
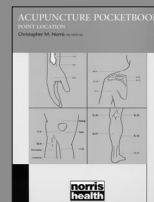
Sports Injuries
(Elsevier)

Back Stability
(Human Kinetics)
and

Complete Guide to Stretching
(Blacks)

Chris Norris holds an advanced certificate in Chinese acupuncture (CAc), is an approved AACP tutor and a member of the British Acupuncture Council (MBAcC).

He is a visiting lecturer on the BSc acupuncture course at Salford University and a former external examiner on their MSc sport rehabilitation.



**norris
associates**

See www.norrisassociates.co.uk for details
To organise a course in your hospital telephone
Marie on 01260 290564 or email info@norrisassociates.co.uk