



A.M.A.B.
ASSOCIAZIONE MEDICI AGOPUNTORI BOLOGNESI
Fondata nel 1986
SCUOLA ITALO – CINESE DI AGOPUNTURA

Acupuncture Sports Medicine Treatment of the Shoulder and Upper Extremity



Speaker:

Whitfield Reaves, OMD, LAc

Whitfield Reaves, OMD, LAc is one of the leading authorities on acupuncture sports medicine in North America and Europe. He has been treating professional and Olympic athletes with acupuncture for more than 40 years.

Whitfield is the author of "*The Acupuncture Handbook of Sports Injuries and Pain*".

Additionally, he has very precise videos on sports acupuncture hosted by Net of Knowledge, including "*Mastering the Treatment of Injury and Pain*".

Bologna, Saturday 11th and Sunday 12th May 2024
09.00 – 13.00/14.30 – 17.30

SEMINAR FOR MEDICAL DOCTOR ACUPUNCTURISTS
Theoretical-practical course
Course language: English (no translation)

13 CEU credits on request

Overall objective: The integration of Chinese acupuncture practices with anatomy, western orthopedics, and sports medicine. Each participant will have increased skills and confidence in the diagnosis, assessment, and treatment of many common injuries, pain syndromes, and musculo-skeletal conditions of the shoulder and upper and upper extremity.

Each core unit of instruction on injury or pain syndromes will consist of:

1. Lecture
2. Demonstration by instructor
3. Supervised practice of palpation and point location
4. Supervised practice of needle technique

PROGRAMME OF THE SEMINAR

Saturday 11th May 2024

09.00 – 10.00

1. Acupuncture Techniques for Treating Injury and Pain

- Introduction to Sports Acupuncture, Orthopedic Acupuncture, and Anatomically-based Acupuncture

2. Introduction to the Four Steps approach

- Explanation of Step One—Initial Treatment
- The Tendino-muscle Meridians (TMM)
- Opposite Side Treatment (Contra-lateral)
- Opposite Extremity Treatment (Upper/lower)
- Empirical Points

Explanation of Step Two—Meridians and Microsystems

- Shu-Stream Point Combination
- Traditional Point Categories
- Extraordinary Meridians
- Microsystems

Explanation of Step Three—Internal Organ Imbalances

- Zang-fu theory, Eight Principles, Six Divisions

Explanation of Step Four—The Site of the Injury

- Treatment of local and adjacent points

10.00 – 11.00

3. The Rotator cuff

- The Supraspinatous
- The Infraspinatous
- The rotator cuff attachments

11.00 - 11.20 Break

11.20 – 13.00

The Rotator cuff, continued

4. The Acromial-clavicular joint region

- Acromio-clavicular joint injury, shoulder separation

13.00 – 14.30 Lunch

14.30 – 16.30

5. Biceps tendon tendonitis

6. The shoulder capsule

16.30 – 17.30

6. Practical session: Review of location and needle techniques

17.30 End of the first day

Sunday 12th May 2024

09.00 – 11.00

7. Protraction/Retraction

- Pectoralis major, Pectoralis minor
- Rhomboid major, Rhomboid minor

11.00 – 11.20 Break

11.20 – 13.00

8. The Posterior Neck

- Levator scapulae syndrome
- Stiff neck (torticollis)
- Para-spinal muscles of the cervical region

13.00 – 14.30 Lunch

14.30 – 16.30

9. The Elbow and Forearm

- Lateral epicondylitis (tennis elbow)
- Medial epicondylitis (golfer's elbow)

10. The Wrist and Hand

- Carpal tunnel syndrome

16.30 – 17.30

11. Practical session: Review of location and needle techniques

17.30 Learning evaluation test for CEU purposes only

18.00 End of work

Date: Saturday 11th and Sunday 12th May 2024

Location: Bologna, Aula didattica "Marco Romoli" Istituto di Ricerca e Cura A.M.A.B.
Via Antonio Canova 15/E

Course language: English (no translation)

Payment: 650,00 Eur (with A.M.A.B. membership fee)
580,00 Eur A.M.A.B. members
470,00 Eur A.M.A.B. School Students

Bank Transfer to Medicina e Tradizione Srl

Via Poggio Maggiore,11 - 40060 Pianoro (BO)

IBAN **IT03P0200837002000100595513**

UNICREDIT BANCA - Filiale di Pianoro (Bo)

Reason: name + surname + Reaves 2024

Due date: 29th April 2024

Speaker:

Whitfield Reaves

Whitfield Reaves, OMD, L.Ac. has been working in the field of sports medicine since he first began practice in 1981. He earned a Doctor of Oriental Medicine degree in 1983 that included a thesis entitled Acupuncture and the Treatment of Common Running Injuries. Whitfield's experience in sports medicine includes the 1984 Los Angeles Olympic Games, as well as numerous track and field, ski racing, and cycling events nationally over the last 30 years. He has been in the forefront of the acupuncture sports medicine field, emphasizing the integration of traditional acupuncture with orthopedics and anatomy. Whitfield is the author of "**The Acupuncture Handbook of Sports Injuries and Pain**", one of the first textbook-style publications on the use of acupuncture in the athletic community. And his webinar series "**Mastering the Treatment of Injury and Pain**" is a very detailed step by step video on his assessment, diagnosis, and treatment protocols. Whitfield currently live in Hawaii and teaches in North America and Europe

Whitfield Reaves website

www.WhitfieldReaves.com