



**Basic Course "20 best"**

Lecture	Muscles
Dry Needling technique - Safety and Precautions <i>practice session on sponge/fruit/self/partner/ biceps</i>	Biceps
Head and Neck Pain	Trapezius
Forearm pain	ExtCarpRadLongus
Shoulder Pain	Supraspinatus Infraspinatus Latissimus Dorsi
Hip and Low back pain	Gluteus medius Gluteus minimus Piriformis
Back pain	Erector spinae Quadratus lumborum Multifidi
Thigh and Knee pain	Rectus Femoris Vastus Medialis Vastus lateralis Sartorius Gracilis Semitendinosus
Calf and foot pain	Gastrocnemius Soleus Tibialis anterior
<b>Total Muscles</b>	20+1 (biceps)