

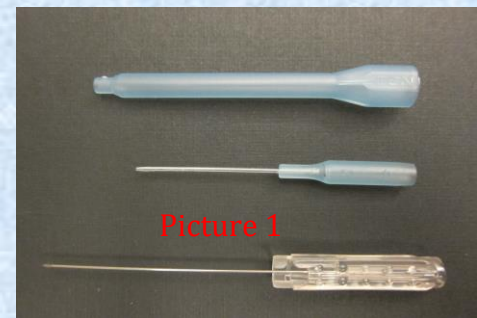
Fu's Subcutaneous Needling-FSN Seminar (Foundation Course)



Fu's Subcutaneous Needling (FSN) is a newly developed acupuncture therapy by Dr Zhong-hua Fu in the 1990s. This acupuncture therapy uses a modified acupuncture needle to stimulate areas near to tighten muscles so as to treat musculoskeletal and other conditions.

The FSN therapy only horizontally insert a single trocar needle to the subcutaneous tissue and therefore it causes less pain to the patients.

FSN therapy is a very safe practice and extremely beneficial to those suffering from musculoskeletal conditions. For some acute pain conditions, such as muscular and ligaments strains, tennis elbow, or acute back pain, using the FSN technique can produce almost instant pain relief. Once you have gained this skill, you certainly can repeat this effect confidently.



The FSN needle is a specially made disposable dry needle, consisting of a solid stainless-steel needle and casting tube (Picture 1). The needle is delivered by a special designed delivery device which makes this needling insertion almost pain free (Picture 2).

The FSN technique mainly focuses on relieving tension muscles, which are commonly associated with pain. The FSN technique can be used to treat tennis elbow, shoulder pain, neck pain, low back pain, sciatica, fibromyalgia, trigeminal pain and even some so-called internal disorders such as insomnia, dizziness, tinnitus, diarrhea, heavy ureteral bleeding if a proper diagnosis and muscles assessment is made correctly.



Contents of the seminar

- **Subcutaneous and Fascia tissue**
- **Muscles physiology and pathology**
- **Skill of insertion and manipulation**
- **Hands-on training and practice**
- **Commonly clinical conditions demonstration and management**

Once you have completed this foundation course, you can join the FSN professional organization FSNAE – the Fu's Subcutaneous Needling Association of Europe for further CPD training and obtain the malpractice insurance. (www.modernacupuncture-fsn.org)

About the Lecturer

Dr Jidong Wu graduated from the Nanjing Medical School of Traditional Chinese Medicine (TCM) in China and practiced Chinese Medicine at a Nanjing general hospital for four years. In 1986, Dr Wu completed his master's degree in Medicine from the Shanghai University of TCM, before lecturing at the Nanjing University of TCM. He also completed his doctorate degree in medicine in Nanjing University of TCM. He moved to the England in 1993 and worked as a Senior Lecturer at the Middlesex University for over 20 years. He studied the FSN therapy in 2007 and has been using it in his FSN practice in Cambridge. Since 2010, he has regularly held FSN seminars in the UK and the Europe and received positive feedback from colleagues. He is a Grade III FSN practitioner. He is a vice president of the World Federation of FSN Societies.

In this two-days seminar, Dr Wu will introduce the theories behind FSN and discuss its classical and scientific background. He will also demonstrate the FSN technique on patients and conduct hands-on practice on how to use and manipulation the technique.

To book your place, please email to:

fsnaebox@gmail.com Ref: PINE-C1

