

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



Venue: *Cambridge*

Costs: *£660 (including a welcome pack with one FSN applicator and 10 FSN needles)*

Fu's Subcutaneous Needling (FSN) is a modern acupuncture therapy developed by Dr Zhonghua Fu in China during the 1990s. It uses a specially designed acupuncture needle to stimulate the subcutaneous connective tissue, with the aim of relieving muscle tension and treating musculoskeletal pain and other associated conditions.

Unlike conventional acupuncture, FSN involves the horizontal insertion of a specially designed trocar needle into the subcutaneous layer. This minimally invasive technique is generally well tolerated and aims to minimize discomfort during treatment.

FSN is particularly suited to the management of musculoskeletal conditions. In some acute pain conditions, such as muscle and ligament strains, tennis elbow and acute lower back pain, FSN may produce rapid, sometimes almost immediate pain relief. With appropriate training, practitioners can develop the knowledge and practical skills needed to apply this technique safely, effectively and confidently.

FSN primarily focuses on identifying and relieving **tightened muscles**, which are frequently associated with pain and restricted movement.

The technique is commonly applied in the management of musculoskeletal conditions, including:

- Tennis elbow
- Shoulder and neck pain
- Lower back pain and sciatica
- Muscle and ligament strains
- Myofascial pain and muscle-related disorders

FSN has also been explored for conditions such as fibromyalgia, trigeminal neuralgia, insomnia, dizziness, tinnitus and certain gastrointestinal or other functional disorders. However, evidence for these applications varies, and appropriate medical diagnosis, muscle assessment and clinical judgement are essential before treatment.

The main topics include:

1. **Subcutaneous Tissue and Fascia**
 - Anatomy and functions of subcutaneous connective tissue and fascia
 - Their relevance to FSN therapy
2. **Applied Myology**
 - Muscle anatomy, physiology and pathology

- The relationship between muscle tension, pain and dysfunction
- Clinical application of muscle assessment
- 3. **FSN Needling Techniques**
 - FSN needle structure and insertion techniques
 - Needle manipulation and stimulation methods
 - Essential practical skills
- 4. **Hands-On Training**
 - Supervised needle insertion and manipulation
 - Muscle palpation and assessment
 - Practical exercises to develop clinical confidence
- 5. **Clinical Applications and Demonstrations**
 - Live demonstrations of FSN treatment
 - Assessment and management of common musculoskeletal conditions
 - Clinical case discussions
- 6. **Safety and Precautions**
 - Indications and contraindications
 - Safe needling procedures
 - Infection prevention, risk management and clinical precautions

Upon successful completion of this foundation course (35 hours training including), participants will be eligible to apply for membership of the **Fu's Subcutaneous Needling Association of Europe (FSNAE)**.

Membership provides opportunities for further professional development, advanced FSN training and participation in FSN-related academic activities.

Members may also be able to obtain professional indemnity insurance for FSN practice, subject to the requirements and approval of their insurance provider.

About the Lecturer

Dr Jidong Wu trained in Traditional Chinese Medicine (TCM) at Nanjing Medical School of Traditional Chinese Medicine in China and subsequently practised Chinese medicine at a general hospital in Nanjing for four years.

He obtained his master's degree in medicine from Shanghai University of Traditional Chinese Medicine in 1986 and joined Nanjing University of Traditional Chinese Medicine as a lecturer and associate professor. He later completed his Doctorate in Medicine at the same university.



Dr Wu moved to the UK in 1993 and served as a senior lecturer at Middlesex University London for over 20 years, contributing extensively to Chinese medicine education and professional development.

He began studying Fu's Subcutaneous Needling in 2007 and has since incorporated FSN into his clinical practice in Cambridge. Since 2013 he has regularly delivered FSN training seminars throughout the UK and Europe, receiving positive feedback from participating practitioners.

Dr Wu is a Grade III FSN Practitioner and Vice-President of the World Federation of FSN Societies.

What to Expect from Dr Wu's Seminar



During this intensive two-day seminar, Dr Wu will introduce the theoretical foundations of FSN, exploring its relationship with traditional acupuncture concepts and contemporary scientific understanding of muscles, fascia and pain.

Drawing on his extensive clinical and teaching experience, he will demonstrate FSN techniques through live patient treatments and guide participants through supervised hands-on practice.

Particular emphasis will be placed on **muscle assessment, safe needle insertion, effective needle manipulation and practical clinical applications**, enabling participants to develop the essential skills and confidence required to begin incorporating FSN into their clinical practice, within their professional scope of practice.

Fees:

£660 (including a welcome pack with one applicator and 10 FSN needles)

Please click link below to reserve your place:

<https://forms.gle/gkSKSfCUNQK7wQk87>

You may email to: info@modernacupuncture-fsn.org should you have further queries.