



Sunday March 29, 2026

9:00 a.m.-5 p.m. (break 12:00-1:00 for lunch)

#### OPTION B

*\*Limited to 24 participants, as this is a hands-on course. To ensure your space, email [info@atcma.org](mailto:info@atcma.org) to register for this course. First come, first served.*

### **Commonly Used Points in Sports Medicine Acupuncture**

**Speaker:** Ian Dunsmuir, R.Ac.

This is a hands-on full day workshop that introduces practitioners to key elements of Matt Callison's Sports Medicine Acupuncture approach. The course focuses on common patterns seen in musculoskeletal and sports-related injuries, particularly how muscle dysfunction and imbalance contribute to pain and limited movement.

Participants will learn how to locate, palpate, and needle motor points, and how to use basic manual muscle testing to assess muscle function before and after treatment. Hands-on practice allows practitioners to experience how motor point acupuncture can quickly change muscle performance.

The workshop also covers empirically developed special points. These points are clinically effective for specific conditions and can influence tissues far from the needling site. Practical examples and clinical applications will be discussed for sports, orthopedic, and work-related injuries.

By the end of the course, participants will have improved their assessment skills, expanded their needling techniques, and increased their effectiveness in treating musculoskeletal conditions using Sports Medicine Acupuncture.

By the end of this workshop, participants will be able to:

- Recognize common muscle dysfunction patterns in musculoskeletal injuries
- Locate and needle commonly used motor points safely and effectively
- Perform basic manual muscle tests to assess and reassess muscle function

- Observe functional changes following motor point acupuncture
- Understand the clinical use of empirical “special points”
- Apply motor points and special points to sports, orthopedic, and work-related injuries
- Integrate Sports Medicine Acupuncture techniques into everyday clinical practice

### **Why This Material Is Important**

Musculoskeletal pain and injury are among the most common reasons patients seek acupuncture treatment, yet many presentations are driven by underlying muscle dysfunction that can be difficult to assess and treat using point-location alone. Sports Medicine Acupuncture offers a clear, clinically effective framework for understanding how muscle imbalance, inhibition, and overactivation contribute to pain, restricted movement, and delayed recovery.

This material equips practitioners with practical assessment and treatment tools that allow them to see and feel functional change in real time. Learning to identify dysfunctional muscles, needle motor points accurately, and reassess muscle performance enhances clinical confidence, improves treatment outcomes, and supports more targeted, efficient care. The inclusion of empirically developed special points further expands practitioners’ ability to influence complex injury patterns, including those involving referred pain or distal tissue involvement.

For practitioners working with sports, orthopedic, and work-related injuries, this approach bridges anatomical knowledge with hands-on clinical application, making treatments more precise, measurable, and responsive to patient needs.

### **Teaching Approach**

This full-day workshop is highly experiential and clinically focused, with a strong emphasis on hands-on learning. Concepts are introduced through brief lectures and demonstrations, followed by guided practice to ensure participants can immediately apply the material.

Participants will work in pairs or small groups to practice palpation, motor point location, needling techniques, and manual muscle testing, with instructor supervision and feedback throughout the day. Muscle testing is used before and after treatment to help practitioners directly observe functional changes and deepen their understanding of treatment effects.

The learning environment is supportive, interactive, and skills-based, allowing practitioners to build confidence, refine technique, and leave with tools they can use immediately in clinic.

**Bio:**

Ian Dunsmuir is a Registered Acupuncturist, kinesiologist and certified as a Sports Medicine Acupuncturist.

Ian works on the Sports Medicine Team at Simon Fraser University, where he provides sports medicine acupuncture treatments to student athletes.

Additionally, Ian volunteers for the BC Lions (CFL) medical support team and provides treatments for players. A highlight of his career was being named Vancouver Olympic Organizing Committee Manager of Acupuncture Services for the 2010 Olympic and Paralympic Winter Games. He loves to share his passion for acupuncture and stays current with the changes as

the Canadian Instructor for Sports Medicine Acupuncture seminars.