



## BRITISH MEDICAL ACUPUNCTURE SOCIETY

Message from the course organiser:

Dear Colleague

The attached sheet [page numbers 7 and 8] comes from the portfolio workbook issued on the BMAS Foundation Course. In order to maximise the educational and training value of the course, we recommend that you use these notes to guide you in doing a little preparation.

Page 7 prompts you to consider and note down your educational and training aims and how you expect these to confer benefit if they are achieved [as we hope they will be].

Page 8 lists some areas of revision [mostly anatomy] which will be useful to refresh. Revision of surface anatomy in the areas indicated is particularly useful, since this is what you will be working with on each other for much of the practical sessions.

Even if you have only a short time for preparation, it is still worthwhile to consider these topics, and you will be more likely to make the most of this intensive course in medical acupuncture. I look forward to seeing you there.

Mike Cummings  
Medical Director BMAS

Foundation course workbook  
**Pre-course planning**

Good preparation will enable you to focus on the new learning and skills that the course provides and planning in advance will help you to find the answers you need to keep practising.

Before beginning the course, write down your purposes for beginning the Foundation Course. You may find the following prompts helpful.

- *What do you hope to learn and how does this relate to your professional practice and your current standing in your profession?*
  
- *What, specifically, do you hope to be able to do by the end of the course?*
  
- *In what ways will this benefit*
  - You, personally and professionally?
  
  - Your patients?
  
  - Your colleagues as a working team or medical practice?
  
  - Your Trust or organisation?

## Pre-course study: anatomy and neurophysiology

The course assumes a certain level of prior knowledge and some previous delegates have commented that they would have benefited from some pre-course revision of anatomy. As you are our professional colleagues, we will obviously not be testing this knowledge during the course, but hope to build on your understanding in constructive ways. We have outlined below the core anatomical structures you will need to know and understand. The sections are organised around the sequence normally followed over the first three days of the Foundation Course.

### **Anatomy**

#### Day 1

- Hand and wrist
  - First dorsal interosseus
  - Lateral elbow region
  - Extensor carpi radialis longus
  - Lateral epicondyle
  - Brachioradialis
- Shoulder girdle
  - Acromium
  - Deltoid
  - Infraspinatus
  - Trapezius
  - Rhomboids
  - Levator scapulae
  - Pectoralis major
- Neck
  - Semispinalis capitis
  - Splenius capitis
  - Trapezius
  - Levator scapulae

#### Day 2

- Lumbar spine and hip girdle
  - Longissimus and iliocostalis lumborum
  - Quadratus lumborum
  - Iliac crest and posterior superior iliac spine
  - Sacral hiatus
  - Greater trochanter
  - Gluteus medius, minimus and piriformis
- Knee
  - Popliteal fossa
  - Fibula head and tibial tuberosity
  - Tibialis anterior

- Anterior tibial artery
- Malleolar region
- Achilles tendon
- Posterior tibial artery
- Foot
  - Dorsalis pedis
  - Deep peroneal nerve
  - First dorsal interosseus

#### Day 3

- Face
  - Muscles of facial expression
  - Facial artery
  - Superficial temporal artery
  - Temporalis
  - Masseter
- Neck
  - Sternocleidomastoid
  - External jugular vein
  - Carotid artery
  - First rib area
  - Dome of the pleura
- Chest and abdomen
  - Sternum
  - Pectoralis major
  - Linea alba
  - Rectus abdominis
  - External oblique
- Back
  - Thoracic paraspinal area
  - Thoracic multifidi
  - Sacral multifidi

### **Neurophysiology**

It would be helpful, though it is not as essential as the anatomy revision, to revise the basic neurophysiology of pain.