

Module 2 Lesson 4

<https://www.viverant.com/Documents%20and%20Settings/94/Site%20Documents/Whitepapers/dryneedlingguide.pdf> Dry Needling

<https://www.healthline.com/health/dry-needling-vs-acupuncture#dry-needling> Dry Needling

<https://www.lymphoedema.com.au/> - where I had my cold laser done

<https://youtu.be/HCYhaEVR1aw> lymphatic massage

<https://youtu.be/VQdLZ26r-rU> lymphatic massage drainage for head and neck cancer

(GREAT resource)

https://www.cancercouncil.com.au/wp-content/uploads/2020/04/UC-pub_Complementary-Therapies_CAN1141_lo-res_April-2018.pdf Complementary Therapies Cancer Council NSW