

Foundations to Trigger Point Dry Needling (TPDN): Part I

Course Outline

Friday (3.5 hours)

4:00 pm – 4:25 pm | Course Registration

4:30 pm – 5:00 pm | Introductions

- Overview of topics to be covered today

5:0 pm – 5:30 pm | Defining Trigger Points

- Neuroanatomy
- Pathogenesis
- Physiological Differences

5:30 pm – 6:00pm | Trigger Point Dry Needling Foundations

- History of Dry Needling
- The Physiology of dry needling
- TPDN compared to Traditional Acupuncture
- Research of TPDN

6:00pm – 6:30pm | Risk Management, Contraindications, Patient Safety, and After-Care.

6:30 pm – 8:00pm | Basic TPDN Techniques: Lab with ½ inch to 1 inch needles.

Saturday (12.0 hours)

8:00am – 9:30am | Regional Surface Anatomy & Palpation Lab: The Hip and Thigh

9:30 am – 11:00am | TPDN Techniques & Lab: Anterior Hip & Thigh

11:00 am – 12:00pm | TPDN Techniques & Lab: Medial & Posterior Thigh

12:00pm – 1:00pm | LUNCH BREAK

1:00 pm – 2:30pm | Regional Surface Anatomy & Palpation Lab: Lumbar Spine

2:30 pm – 4:00pm | TPDN Techniques & Lab: Lumbar Spine

4:00pm – 5:30pm | Regional Surface Anatomy & Palpation Lab: Cervical Spine

5:30pm – 6:30pm | TPDN Techniques & Lab: Cervical Spine

6:30pm – 7:15pm | TPDN Case Study #1

7:15pm – 8:00pm | TPDN Case Study #2

Sunday (9.5 hours)

8:00am – 9:30am | Integration of TPDN into the Chiropractic Practice: A view from the trenches. Administrative issues for the TPDN Practitioner.

9:30am – 10:30am | Informed Consent, Marketing, Coding and billing. Proper supplies/equipment needed for effective TPDN.

10:30am – 12:00pm | Regional Surface Anatomy & Palpation Lab: The Shoulder

12:00pm – 1:00pm | LUNCH BREAK

1:00pm – 2:30pm | TPDN Techniques & Lab: Shoulder

2:30pm – 4:00pm | Regional Surface Anatomy & Palpation Lab: Brachium & Antebrachium

4:00pm – 5:30pm | TPDN Techniques & Lab: Brachium & Antebrachium

Foundations to Trigger Point Dry Needling (TPDN): Part II

Course Outline

Friday (3.5 hours)

4:00 pm – 4:25 pm | Course Registration

4:30 pm – 5:00 pm | Introductions

- Overview of topics to be covered today

5:00 pm – 5:30 pm | Regional Surface Anatomy & Palpation Lab: Occipital & Craniofacial

5:30 pm – 6:00pm | TPDN Techniques & Lab: Occipital & Craniofacial regions

6:00pm – 6:30pm | Regional Surface Anatomy & Palpation Lab: Lower Thoracic Spine, Advanced Lumbar and Abdominals.

6:30 pm – 8:00 pm | TPDN Techniques & Lab: Lower Thoracic Spine, Advanced Lumbar Spine, and Abdominals.

Saturday (12.0 hours)

8:00am – 9:30am | Regional Surface Anatomy & Palpation Lab: Lower leg

9:30 am – 11:00am | TPDN Techniques & Lab: Lower leg

11:00 am – 12:00pm | Regional Surface Anatomy & Palpation Lab: Upper and Middle Thoracic Spine & Parascapular

12:00pm – 1:00pm | LUNCH BREAK

1:00 pm – 2:30pm | TPDN Techniques & Lab: Upper and Middle Thoracic Spine & Parascapular

2:30 pm – 4:00pm | Intramuscular Stimulation (IMS) - Neurophysiology

4:00pm – 5:30pm | IMS – Radiculo-Neuropathic Pain Syndromes (RNPS) & Clinical Exam

5:30pm – 8:00pm | IMS – Treatment of the Patient with Neuropathic-Myofascial Pain

- Counter-irritation Reflex Stimulation
- Reversal of Neuropathic Supersensitivity/Lomo
- TPDN
- Gunn's Exam & Treatment Approach

Sunday (9.5 hours)

8:00am – 9:30am | Introduction to systematic dry needling.

9:30am – 10:30am | The Systems:

- Peripheral/Central – Specific/Nonspecific Mechanisms
- Neuro-trigger points – Homeostatic Neuro-trigger points
- Development and Physiology of Neuro-trigger points.

10:30am – 12:00pm | Peripheral/Central Sensitization – Quantitative Analysis

12:00pm – 1:00pm | LUNCH BREAK

1:00pm – 2:30pm | Electric Nerve Stimulation (ENS) & Special Needling Techniques

2:30pm – 4:00pm | Systematic Integration of TPDN

4:00pm – 5:30pm | Integration of TPDN with Case Study of Neurogenic Chronic Pain patient.