

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

Course Outline

Pre-Course Online Video (5.0 hours)

- Clean Needle Technique (CNT) 7th Edition *****Must turn in final page, filled out upon arrival to Saturday's course.*****

- Discuss universal precaution to protect against transmission of disease and infection control.

- Practical demonstration of Clean Needle Technique protocols.

Saturday (11.0 hours)

8:00am – 9:30am | *Defining Trigger Points*

- Neuroanatomy
- Pathogenesis
- Physiological Differences

Trigger Point Dry Needling Foundations

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

9:30 am – 11:00am | Risk Management, Contraindications, Patient Safety, and After-Care. Basic TPDN Techniques: Lab with ½ inch to 1 inch needles.

11:00 am – 12:00pm | Regional Surface Anatomy & Palpation Lab: The Hip and Thigh. TPDN Techniques & Lab: Anterior Hip & Thigh

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 (9.0 hours)

8:00am – 9:30am | Integration of TPDN into the Chiropractic Practice. Administrative strategies for the TPDN Clinician.

9:30am – 10:30am | Complete 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 – 5:00pm | TPDN Techniques & Lab: Brachium & Antebrachium

5:00pm - 6:00pm | Competency & Practical Examinations