



Essentials of Dry Needling: *Part 1*

Program Description:

This foundational Dry Needling course of study teaches the insertion of fine filament needles into neuromuscular junctions/motor points, stimulating the muscle, and bringing pain relief and improved function to athletes and patients.

This course highlights "the good, the bad, and the ugly" clinical use of myofascial dry needling in clinical practice. Participants will learn the trigger point theoretical model, history of dry needling and the clinical reasoning process behind the use of dry needling in clinical practice.

References:

1. Trigger Point Dry Needling: An Evidence and Clinical-Based Approach. Jan Dommerholt PT, DPT, MPS and Cesar Fernandez de las Penas PT, PhD. 2013.
2. Myofascial Pain and Dysfunction: The Trigger Point Manual. Travell, Simons Volume 1 & 2. 1992.

Instructional methods:

Powerpoint and hands-on training

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Course Outline:

Pre-Course Online Video (4.5 hours)

- Clean Needle Technique (CNT) 7th Edition *****Must turn in final page, filled out upon arrival to Day 1 of course.*****
- Discuss universal precaution to protect against transmission of disease and infection control.
- Practical demonstration of Clean Needle Technique protocols.

Saturday (12.0 hours)

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

- Neuroanatomy
- Pathogenesis
- Physiological Differences
- *A Critical Evaluation of the Trigger Point Phenomenon*

Trigger Point Dry Needling Foundations

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

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

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

DN 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 | DN Techniques & Lab: Lumbar Spine

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

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

6:30pm – 7:15pm | DN Case Study #1

7:15pm – 8:00pm | DN Case Study #2

Sunday (9.5 hours)

8:00am – 9:30am | Integration of DN into the Clinical Rehabilitation Practice.

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

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

12:00pm – 1:00pm | LUNCH BREAK

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

2:30pm – 4:00pm | DN Case Study #3:

4:00pm – 5:30pm | DN Practical Examination & Testing: *Competency and Confidence*