



## **COURSE OUTLINE**

### **DRY NEEDLING LEVEL I with CADAVER ANATOMY PART 1 ONLINE**

**Duration**

**(in minutes) 7H Total On-Line Contact Time**

**120:00 Pre-course reading:** 5 articles to read followed by a 10 question online quiz

**23:50 1 The History of Trigger Point Theories – Emergence of Dry Needling**

**30:56 2 Neurophysiology of Nociceptive Pain – Superficial Needling**

**49:14 3 Neurophysiology and the MTrP – Why it matters to Dry Needling**

**45:54 4 Ethics of Dry Needling – Safety, Contraindications and Precautions**

**16:58 5 A Dry Needling Approach for Radiculopathy in the Lumbar Spine**

**26:17 6 Clinical Reasoning in Dry Needling**

**12:00 7 Obtaining Consent**

**95:00 Assessments:** each Video Module is followed by 6 Assessment questions, participants are credited a total of 95:00 minutes of contact time for the completion of all assessments. The last assessment is followed by a Course Evaluation Survey

### **DRY NEEDLING LEVEL I with CADAVER ANATOMY PART 2 PRACTICAL COURSE**

#### **Day 1 – 0400H Total Contact Time**

**4:30pm Registration with Snacks**

**5:00–6:30 Consent, Needling Technique, SDN including fascia and scars; Demo & Practical**

**6:30-7:30 Anatomy Review in Cadaver lab: Gluteals, Lumbar Spine, Cervical Spine Cadaver Lab**

**7:30-9:00 Gluteals, Piriformis Lecture, Demo & Practical**

#### **DAY 2 – 0915H Total Contact Time**

**8:00-9:00 Lumbar spine Needling: multifidus, longissimus, iliocostalis, dorsal spine Anatomy, Lecture & Demo**

**9:00-10:00 Lumbar Spine Needling Practical**

#### **10:00 Break**

**10:15-11:15 Cervical spine Needling: cervical traps, splenii, semispinalis, occipital att. Anatomy, Lecture & Demo**

**11:15-12:30 Cervical Spine Needling Practical**

#### **12:30-1:00 Lunch**

**1:00-2:00 Superficial Dry Needling, Lumbar Spine, Cervical Spine Case Studies**

**2:00-3:00 Anatomy review in cadaver lab: Shoulder, Anterior hip, and thigh Cadaver Lab**

**3:00-4:30 Trapezius, Rhomboids, Levator Scapulae Demo & Practical**

**4:30-6:00 Competency Exams Practical Testing Part 1**

#### **DAY 3 – 0815H Total Contact Time**

**8:00-9:30 Shoulder Part 1: supraspin, infraspin, teres minor & major attachments Lecture, Demo & Practical**

**9:30-10:30 Shoulder Part 2: lats, subscap, teres major & minor supine & prone Demo & Practical**

#### **10:30 Break**

**10:45-12:30 Anterior Hip: Psoas, TFL, Glut Min Ant., Sartorius Demo & Practical**

#### **12:30-1:00 Lunch**

**1:00-3:00 The Knee: Quads, Adductors & Hamstrings Lecture, Demo & Practical**

**3:00-3:30 Case Studies: Arthritic Knee, Shoulder Capsulitis Case Studies**

**3:30-5:00 Competency Exams Practical Testing Part 2**

It is **Mandatory** for course participants to complete the on-line portion of this course **PRIOR** to the in-class portion. Completion of the online portion and live portion of this course = 28.5 CEU hours.