



OPTIMAL DRY NEEDLING SOLUTIONS

WITH
IAOM-US

866-426-6101

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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 Practical**

9:00-10:00 Lumbar Spine Needling

10:00 Break

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

11:15-12:30 Cervical Spine Needling

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.