



## OPTIMAL DRY NEEDLING SOLUTIONS

WITH  
IAOM-US

866-426-6101

[www.iaom-us.com](http://www.iaom-us.com)

### DRY NEEDLING LEVEL II PART 1 ONLINE

Duration (in minutes) **5 H Total Pre-Live Course Contact Time**

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

Neuromuscular Damage and Repair after Dry Needling in Mice; Domingo, et al. 2013 (9.5 pages)

Efficacy of Myofascial Trigger Point Dry Needling...; Mayoral, et al. 2013 (7.5 pages)

Quantification of Dry Needling and Posture Effects...; Maher, et al (5 pages)

Ultrasound guided dry needling and autologous blood injection...; James, et. Al 2007 (5 pages)

Description of Dry Needling in Clinical Practice: An Education Resource Paper; APTA 2013 (9.5 pages)

#### ONLINE MODULES:

**20:13 1 Tensegrity: The effect of MTrP's on Tensegrity**

**19:45 2 The use of Electrical Stimulation with Dry Needling; Enhancing Intramuscular Stimulation**

**25:39 3 Adverse Events in Dry Needling**

**15:22 4 Nutritional Deficiencies as Perpetuating Factors in Myofascial Pain**

**39:22 5 Temporomandibular Dysfunction; The Use of Dry Needling in Treatment of TMD**

**60:00 Assessments:** each Video Module is followed by 6 Assessment questions, participants are credited a total of 60:00 minutes of contact time for the completion of all assessments. The last assessment is followed by a Course Evaluation Survey

**It is MANDATORY for participants to COMPLETE the online portion of the course PRIOR to attending the live portion**

### DRY NEEDLING LEVEL II PART 2 PRACTICAL COURSE

#### Day 1 – 0900H Total Contact Time

0730-0800 Registration

0800-0900 Anatomy Review of the UE including surface anatomy

**Lecture & Practical**

0900-1030 Pectorals, deltoids, Serratus Ant

**Lecture, Demo & Practical**

1030-1130 Needling upper arm: triceps, brachialis, biceps & anconeus

**Demo & Practical**

1130-1200 Forearm: brachioradialis, supinator, pronator teres, extensors, flexors

**Lecture**

#### 1200-1230 Lunch

1230-1400 Forearm

**Demo & Practical**

1400-1530 Muscles of the hand, hypothenar eminence, interossei

**Lecture, Demo & Practical**

1530-1700 TMJ masseter, temporalis, lateral pterygoids, sternocleidomastoid

**Anatomy, Demo & Practical**

#### DAY 2 – 1000H Total Contact Time

0800-0900 Anatomy Review of the thorax, Quadratus Lumborum & Pectineus Needling

**Lecture, Demo & Practical**

0900-1000 Abdominals: Rectus abdominis, abdominal obliques

**Lecture, Demo & Practical**

1000-1130 Needling over Thorax: Iliocostalis thoracis, mid and lower traps, Serratus post-Sup and Inf, Rhomboids

**Demo & Practical**

1130-1230 Use of Estim

**Demo & Practical**

#### 1230-1300 Lunch

1300-1400 Needling of the calf

**Lecture, Demo & Practical**

1400-1500 Tib ant, EDL, Peronei

**Demo & Practical**

1500-1630 Needling of the Foot

**Lecture, Demo & Practical**

1630-1700 Case Studies: knee pain, ankle sprain, students case studies

**Case Studies**

1700-1830 Clinical Examinations

**Practical Exams**

Completion of the home study, online portion, and live portion of this course = 24.0 CEUs



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