



## OPTIMAL DRY NEEDLING SOLUTIONS

WITH  
IAOM-US

866-426-6101

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### DRY NEEDLING FOR PELVIC REHAB SPECIALISTS

#### COURSE OUTLINE

Duration (in minutes) **2H Total Pre-Course Reading Contact Time**

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

### DRY NEEDLING LEVEL I PART 2 PRACTICAL COURSE

#### Day 1 – 0730H Total Contact Time

0800-0830	Registration	
0830-0900	Introduction and historical overview	Lecture
0900-1000	Superficial dry needling Neurophysiology Pelvic floor innervation	Lecture
1000-1045	Ethics and clean field needling	Lecture
1045-1200	SDN including fascia and scars (C-section, episiotomy...)	Practical
1200-1230	Use of SDN in clinical setting	Case Study
<b>1230-1330</b>	<b>Lunch</b>	
1330-1430	DDN (deep dry needling) Neurophysiology	Lecture
1430-1700	Gluteals and Piriformis	Anatomy, Lecture, Demo & Practical

#### DAY 2 – 0800H Total Contact Time

0800-0900	Clinical reasoning in DN: The role of Myofascial dysfunction and pelvic floor pain and antagonists	Lecture
0900-1045	Short Rotators of the hip	Lecture, Demo & Practical
1045-1230	Lumbar spine needling (Multifidus, Longissimus, Iliocostalis, Quadratus Lumborum)	Lecture. Demo & Practical
<b>1230-1330</b>	<b>Lunch</b>	
1330-1500	Anterior Thigh (TFL, Pectinius, Iliopsoas, Sartorius)	Lecture. Demo & Practical
1500-1530	Chronic Pelvic Pain Syndrome	Case Study
1530-1700	Medial Thigh (Adductors)	Lecture. Demo & Practical

#### DAY 3 – 0800H Total Contact Time

0800-0830	Adverse effects of dry needling	Lecture
0830-1030	Posterior Thigh (Hamstrings)	Lecture, Demo & Practical
1030-1230	Abdominal (External Oblique, Rectus abdominus, Quadratus Lumborum)	Demo & Practical
<b>1230-1330</b>	<b>Lunch</b>	
1330-1530	Pelvic floor needling	Anatomy, Lecture & Practical
1530-1700	Case Studies	Group Work Case Studies
1530-1700	Concurrent Clinical Examinations	

**Written Examination:** Following successful completion of the Practical Course, participants will receive a link to complete an on-line theory examination which is followed by a Course Evaluation Survey **1H Total Contact Time**

It is **Mandatory** for course participants to complete the Pre-Course Reading of this course **PRIOR** to the in-class portion. Completion of the online portion and live portion of this course = 26.5 CEUs