



DRY NEEDLING LEVEL II with CADAVER ANATOMY PART 1 ONLINE
COURSE OUTLINE

Duration

(in minutes) **5H Total On-Line Contact Time**

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

- 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 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 II with CADAVER ANATOMY PART 2 PRACTICAL COURSE

Day 1 – 0400H Total Contact Time

4:30 Registration & Snacks	
5:00-6:00 Cadaver Anatomy of the UE & Face	Cadaver Lab
6:00-7:30 Pectorals, deltoids, Serratus Ant	Lecture, Demo & Practical
7:30-9:00 Needling upper arm: triceps, brachialis, biceps & anconeus	Demo & Practical

Day 2 – 0900H Total Contact Time

8:00-8:30 Surface Anatomy of the forearm	Demo & Practical
8:30-10:15 Elbow: brachioradialis, supinator, wrist extensors, pronator	Lecture, Demo & Practical
10:15 Break	
10:30-12:00 Muscles of the hand, hypothenar eminence, interossei & forearm flexors	Lecture, Demo & Practical
12:00-12:30 Lunch	
12:30-2:30 TMJ masseter, temporalis, lateral pterygoids, sternocleidomastoid	Anatomy, Demo & Practical
2:30-3:30 Cadaver Anatomy of Thorax and Abdomen	Cadaver Lab
3:30-4:30 Use of Estim	Demo & Practical
4:30-5:45 Needling over Thorax: Iliocostalis thoracis, mid and lower traps, Serratus post-Sup and Inf, Rhomboids	Demo & Practical

DAY 3 – 0830H Total Contact Time

8:00-9:30 Rectus abdominis, abdominal obliques, Quadratus Lumborum	Lecture, Demo & Practical
9:30-10:30 Cadaver Anatomy of the LE & Review	Cadaver Lab
10:30-11:30 Needling of the calf	Lecture, Demo & Practical
11:30-12:30 Tib ant, EDL, Peronei	Demo & Practical
12:30-1:00 Lunch	
1:00-2:30 Needling of the Foot	Lecture, Demo & Practical
2:30-3:30 Case Studies : knee pain, ankle sprain, students case studies	Case Studies
3:30-5:00 Competency Examinations	Practical Testing

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 = 26.5 CEUs