



OPTIMAL DRY NEEDLING SOLUTIONS

WITH

IAOM-US

866-426-6101

www.iaom-us.com

DRY NEEDLING LEVEL I PART 1 ONLINE

COURSE OUTLINE



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 PART 2 PRACTICAL COURSE

Day 1 – 0930H Total Contact Time

7:30 Registration

8:00-10:00 Consent, Needling Technique, SDN including fascia, scars, periosteal pecking **Demo & Practical**

10:00-10:30 Gluteals, Piriformis **Lecture & Demo**

10:30-11:30 Gluteals, Piriformis **Practical**

11:30-12:30 Lumbar spine Needling: multifidus, longissimus, iliocostalis, & para dorsal **Anatomy, Lecture & Demo**

12:30-1:00 Lunch

1:00-2:00 Lumbar Spine Needling **Practical**

2:00-3:00 Cervical spine Needling: cervical traps, splenii, semispinalis, occipitals **Anatomy, Lecture & Demo**

3:00-4:30 Cervical Spine Needling **Practical**

4:30-6:00 Clinical Exams **Practical Exams Part 1**

DAY 2 – 0930H Total Contact Time

8:00-9:30 Upper Trapezius, Rhomboids, & Levator Scapulae **Lecture, Demo & Practical**

9:30-10:30 Shoulder Part 1: supraspin, infraspin, attachments of teres minor & major **Anatomy, Lecture & Demo**

10:30-11:30 Shoulder Part 1 **Practical**

11:30-12:30 Shoulder Part 2: lats, subscap, teres major & minor supine & prone **Demo & Practical**

12:30-13:00 Lunch

1:00-2:00 Anterior Hip: Psoas, TFL, Glut Min Ant, Sartorius **Demo & Practical**

2:00-3:00 The Thigh: Quadriceps, Adductors & Hamstrings **Anatomy, Lecture & Demo**

3:00-4:00 Thigh **Practical**

4:00-4:30 Case Studies: SDN: Arthritic Knee; Neck Pain; Shoulder Capsulitis **Case Studies**

4:30-6:00 Clinical Examinations **Practical Exams 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 = 26.0 CEUs