



## 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

5:00–7:00 Consent, Needling Technique, SDN including fascia and scars;

7:00-9:00 Gluteals, Piriformis

**Demo & Practical**

**Lecture, Demo & Practical**

#### DAY 2 – 0930H Total Contact Time

8:00-9:30 Anatomy Review in Cadaver lab: Gluteals, Lumbar Spine, Cervical Spine

9:30-10:30 Lumbar spine Needling: multifidus, longissimus, iliocostalis, dorsal spine

10:30-11:30 Lumbar Spine Needling

11:30-12:30 Cervical spine Needling: cervical traps, splenii, semispinalis, occipital att.

**12:30-1:00 Lunch**

1:00-2:30 Cervical Spine Needling

2:30-4:30 Para-scapular muscles: Trapezius, Rhomboids, Levator Scapulae

4:30-6:00 Competency Exams

**Cadaver Lab**

**Lecture & Demo**

**Practical**

**Anatomy, Lecture & Demo**

**Practical**

**Demo & Practical**

**Practical Testing Day 1**

#### DAY 3 – 0830H Total Contact Time

8:00-9:30 Anatomy review in cadaver lab: Shoulder, Anterior hip, and thigh

9:30-10:30 Shoulder Part 1: supraspin, infraspin, teres minor & major attachments

10:30-11:30 Shoulder Part 2: lats, subscap, teres major & minor supine & prone

11:30-12:00 Superficial Dry Needling, Lumbar Spine, Cervical Spine

**12:00-12:30 Lunch**

12:30-1:30 Anterior Hip: Psoas, TFL, Glut Min Ant., Sartorius

1:30-3:00 The Knee: Quads, Adductors & Hamstrings

3:00-3:30 Case Studies: Arthritic Knee, Shoulder Capsulitis

3:30-5:00 Competency Exams

**Cadaver Lab**

**Lecture, Demo & Practical**

**Demo & Practical**

**Case Studies**

**Demo & Practical**

**Lecture, Demo & Practical**

**Case Studies**

**Practical Testing Day 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 = 29.0 CEU hours.