

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

7:30-8:00	Registration	
8:00-9:00	Anatomy Review of the UE including surface anatomy	Lecture & Practical
9:00-10:30	Pectorals, deltoids, Serratus Ant	Lecture, Demo & Practical
10:30-11:30	Needling upper arm: triceps, brachialis, biceps & anconeus	Demo & Practical
11:30-12:00	Forearm: Extensors, brachioradialis, supinator	Lecture, Demo & Practical
12:00-12:30	Lunch	
12:30-2:00	Forearm flexors and pronator teres	Demo & Practical
2:00-3:30	Muscles of the hand, thumb extrinsics, hypothenar eminence, interossei	Lecture, Demo & Practical
3:30-5:00	TMJ masseter, temporalis, lateral pterygoids, sternocleidomastoid, scalenes	Anatomy, Demo & Practical

DAY 2 – 1000H Total Contact Time

8:00-9:30	Abdominals: Rectus abdominis, abdominal obliques, pectineus	Anatomy, Lecture, Demo & Practical
10:00-11:30	Thorax: Quadratus Lumborum, Iliocostalis thoracis, serratus post-sup and inf,	Demo & Practical
11:30-12:30	Use of Estim	Demo & Practical
12:30-1:00	Lunch	
1:00-2:00	Needling of the calf	Anatomy, Lecture, Demo & Practical
2:00-3:00	Tib ant, EDL, Peronei	Demo & Practical
3:00-4:30	Needling of the Foot	Anatomy, Lecture, Demo & Practical
4:30-5:00	Case Studies: knee pain, ankle sprain, students case studies	Case Studies
5:00-6:30	Clinical Examinations	Practical Exams