



OPTIMAL DRY NEEDLING SOLUTIONS

WITH
IAOM-US
866-426-6101

www.iaom-us.com

DRY NEEDLING FOR PELVIC THERAPISTS PART 1 ONLINE



COURSE OUTLINE

Duration

(in minutes) **8.0H 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

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

15:22 4 Nutritional Deficiencies as Perpetuating Factors in Myofascial Pain

12:00 7 Obtaining Consent

120:00 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 FOR PELVIC THERAPISTS PART 2 PRACTICAL COURSE

Day 1 – 0930H Total Contact Time

7:30 Registration

8:00-9:30 Consent, Needling Technique, SDN including fascia and scars;

9:30-10:00 Gluteus Max, Med, Min

10:00-11:00 Gluteals

11:00-12:00 Lumbar spine Needling: multifidus, longissimus, iliocostalis, & para dorsal

12:00-12:30 Lunch

12:30-1:30 Lumbar Spine Needling

1:30-3:00 Medial Thigh (Adductors)

3:00-4:30 Posterior Thigh (Hamstrings)

4:30-6:00 Clinical Exams

Demo & Practical

**Lecture & Demo
Practical**

Anatomy, Lecture & Demo

Practical

**Lecture, Demo & Practical
Lecture, Demo & Practical
Practical Exams Part 1**

DAY 2 – 0900H Total Contact Time

0800-0900 Clinical reasoning in DN: The role of Myofascial dysfunction pelvic floor pain and antagonists **Lecture**

9:00-10:30 Anterior Thigh (Quadriceps, TFL, Pectinius, Iliopsoas, Sartorius)

10:30-1230 Piriformis and Short Rotators of the hip, and Quadratus Lumborum

12:30-1:00 Lunch

1:00-2:00 Abdominal (External Oblique, Rectus abdominus, Quadratus Lumborum)

2:00-4:00 Pelvic floor needling

4:00-4:30 Case Studies: Abdominal pain, Pelvic Pain, Arthritic Hip

4:30-5:30 Clinical Examinations

Demo & Practical

**Anatomy, Lecture & Practical
Case Studies**

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 = 26.5 CEUs