



OPTIMAL DRY NEEDLING SOLUTIONS

WITH

IAOM-US

866-426-6101

www.iaom-us.com

DRY NEEDLING FOR HAND THERAPISTS PART 1 ONLINE



COURSE OUTLINE

Duration

(in minutes) **8H 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 Cervical Spine

20:13 6 Tensegrity: The effect of MTrP's on Tensegrity

19:45 7 The use of Electrical Stimulation with Dry Needling; Enhancing Intramuscular Stimulation

15:22 8 Nutritional Deficiencies as Perpetuating Factors in Myofascial Pain

12:00 9 Obtaining Consent

120:00 Assessments: each Video Module is followed by 6 Assessment questions, participants are credited a total of 120:00 minutes of contact time for the completion of all assessments. The last assessment is followed by a Course Evaluation Survey

DRY NEEDLING FOR HAND THERAPISTS PART 2 PRACTICAL COURSE

Day 1 – 0930H Total Contact Time

7:30 Registration

8:00-10:00 Consent, Needling Technique, SDN including fascia and scars;

Demo & Practical

10:00-11:00 Cervical spine Needling: cervical traps, splenii, semispinalis, occipitals

Anatomy, Lecture & Demo

11:00-12:00 Cervical Spine Needling

Practical

12:00-12:30 Lunch

12:30-1:30 Upper trapezius, rhomboids, & levator scapulae & para dorsal

Anatomy, Lecture & Demo

1:30-2:30 Upper trapezius, rhomboids, & levator scapulae & para dorsal

Practical

2:30-3:30 Shoulder Part 1: supraspin, infraspin, attachments of teres minor & major

Anatomy, Lecture & Demo

3:30-4:30 Shoulder Part 1

Practical

4:30-6:00 Clinical examinations and practice

Practical Exams Day 1

DAY 2 – 0930H Total Contact Time

8:00-8:30 Clinical Reasoning in Dry Needling

Lecture

8:30-10:00 Shoulder 2: lat dorsi, teres major and minor, subscap, pectorals, serr ant.

Demo & Practical

10:00-10:30 Anatomy Review of the UE including surface anatomy

Lecture & Practical

10:30-11:30 Needling upper arm: triceps, brachialis, biceps & anconeus

Demo & Practical

11:30-12:30 Forearm: brachioradialis, extensors

Lecture, Demo & Practical

12:30-1:00 Lunch

1:00-1:30 Use of Estim with needling

Demo and practical

1:30-3:00 Forearm: pronator teres, supinator, flexors, long muscles of the thumb

Demo & Practical

3:00-4:00 Muscles of the hand, thenar, hypothenar eminence, interossei

Lecture, Demo & Practical

4:00-4:30 Case Studies Radiculopathy; Shoulder Pain; Epicondylitis; Hand Pain

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 = 27.0 CEUs