

PART 1 ONLINE

Duration (in minutes) **5 H Total Pre-Live course contact time**

120 Pre-course reading: 5 articles to read followed by a 10-question online quiz.

ONLINE MODULES

TIME	TOPIC	INSTRUCTION
20:13	Tensegrity: The effect of MTrP's on Tensegrity	Video
19:45	The use of Electrical Stimulation with Dry Needling; Enhancing Intramuscular Stimulation	Video
25:39	Adverse Events in Dry Needling	Video
15:22	Nutritional Deficiencies as Perpetuating Factors in Myofascial Pain	Video
39:22	Temporomandibular Dysfunction; The Use of Dry Needling in Treatment of TMD	Video
60:00	Assessments: each Video Module is followed by 6 Assessment questions. The last assessment is followed by a Course Evaluation Survey	Video

It is MANDATORY for participants to COMPLETE the online portion of the course PRIOR to attending the live portion

PART 2 PRACTICAL COURSE

DAY 1 4 H Total contact time

TIME	TOPIC	INSTRUCTION
4:30-5:00pm	Registration	Lecture
5:00-6:30pm	Pectorals, Deltoids, Serratus Ant	Lecture, Demo & Practical
6:30-8:00pm	Needling upper arm: triceps, brachialis, biceps & anconeus	Lecture, Demo & Practical
8:00-9:00pm	Use of Estim with Needling	Demo & Practical

DAY 2 9 H Total contact time

TIME	TOPIC	INSTRUCTION
8:00-9:00am	Cadaver Anatomy of the UE &Face	Demo & Practical
9:00-10:00am	Forearm: Extensors, and brachioradialis	Lecture, Demo & Practical
10:00-11:30am	Forearm: supinator, wrist flexors, pronator teres	Lecture, Demo & Practical
11:30-1:00pm	Muscles of the hand, thumb extrinsic, hypothenar eminence Interossei	Lecture, Demo & Practical
1:00-2:00pm	Lunch	
2:00-3:30pm	TMJ masseter, temporalis, lateral pterygoids, Sternocleidomastoid	Lecture, Demo & Practical
3:30-4:00pm	Cadaver Anatomy of Thorax and Abdomen	Demo & Practical
4:00-6:00pm	Thorax: Quadratus Lumborum, Iliocostalis thoracis, Serratus post-sup and inf	Demo & Practical



PROGRAM AGENDA

DAY 3 9.30 H Total contact time

TIME	TOPIC	INSTRUCTION
8:00-9:30am	Rectus abdominis, abdominal obliques, Quadratus Lumborum	(Lecture, Demo & Practical)
9:30-10:30am	Cadaver Anatomy of the LE & Review	(Demos & Practical)
10:30-11:30am	Needling of the calf	(Lecture, Demo & Practical)
11:30-12:30am	Tib ant, EDL, Peronei	(Demos & Practical)
12:30-1:30pm	Lunch	
1:30-3:00pm	Needling of the Foot	(Lecture, Demo & Practical)
3:00-4:30pm	Case Studies: knee pain, ankle sprain, students case studies	(Case Studies)
4:30-6:30pm	Clinical Examinations Practical Exams	Practical Exam



Completion of the home study, online portion, and live portion of this course = 27.5 Contact Hours/ 2.75 CEU's