

PART 1 ONLINE

Duration (in minutes) **7 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
23:50	The History of Trigger Point Theories – Emergence of Dry Needling	Video
30:56	Neurophysiology of Nociceptive Pain – Superficial Needling	Video
49:14	Neurophysiology and the MTrP – Why it matters to Dry Needling	Video
45:54	Ethics of Dry Needling – Safety, Contraindications and Precautions	Video
12:00	Obtaining Consent	Video
16:58	A Dry Needling Approach for Radiculopathy in the Lumbar Spine	Video
26:17	Clinical Reasoning in Dry Needling	Video
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	Assessment

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 **7.5 H Total contact**

TIME	TOPIC	INSTRUCTION
12:45-1:00pm	Registration with Snacks	
1:00-2:00pm	Pre-Course Quiz on Safety and Consent	Group work
2:00-3:00pm	Safety, Risks and Benefits, Consent Questions Answered	Guided Group Practice
3:00-4:00pm	Superficial DN: Needle Handling, Pain, Scars, Tendon&Ligament Attachments	Lecture & Demo
4:00-5:00pm	Needle Handling, Superficial DN Techniques	Practical
5:00-5:30pm	Pain, DDN, Buttock Needling	Lecture, Anatomy
5:30-6:00pm	Dinner	
6:00-7:15pm	Buttock Needling: Gluts and Piriformis	Demo & Practical
7:15-8:00pm	Lumbar spine Needling: multifidus, longissimus, iliocostalis, dorsal spine	Lecture, Anatomy, Demo
8:00-9:00pm	Lumbar Spine Needling	Practical

Completion of the home study, online portion, and live portion of this course = 32 contact hours/ 3.2 CEUs



DAY 2 9 H Total contact time

TIME	TOPIC	INSTRUCTION
8:00-8:30 am	Clinical Reasoning Case study	Lecture
8:30-9:30am	Cervical spine Needling: cervical traps, splenii, semispinalis, occipital att.	Lecture, Anatomy, Demo
9:30-10:30am	Cervical spine Needling	Practical
10:30-11:15am	Para-scapular muscles: Trapezius, Rhomboids, Levator Scapulae	Lecture, Anatomy, Demo
11:15-12:30pm	Para-scapular muscle Needling	Practical
12:30-1:00 pm	Lunch	
1:00-2:00pm	Case Studies SDN, Lumbar, Cervical Spine	Clinical Reasoning Practice
2:00-3:00pm	Shoulder Part 1: supraspin, infraspin, teres minor & major attachments	Lecture, Anatomy, Demo
3:00-4:00pm	Shoulder Part 1 Needling	Practical
4:00-5:30pm	Competency Exams and Group work Case studies Shoulder	Practical Testing Day 1&2

DAY 3 8.5 H Total contact time

TIME	TOPIC	INSTRUCTION
8:00-9:00am	Consent Case Studies x 3	Group Role Playing
9:00-10:30am	Shoulder Part 2: lat dorsi, subscap, teres major & minor supine & prone	Lecture, Demo & Practical
10:30-11:30am	Anterior Hip: Psoas, TFL, Glut Min Ant., Sartorius	Lecture, Anatomy, Demo
11:30-12:30pm	Anterior Hip Techniques	Practical
12:30-1:00pm	Lunch	
1:00-2:00pm	Case Studies Shoulder, Hip	Clinical Reasoning Practice
2:00-2:45pm	The Knee: Quads, Adductors & Hamstrings	Lecture, Anatomy, Demo
2:45-3:30pm	The Knee Needling	Practical
3:30-5:00pm	Competency Exams and Group work on Knee Case Study	Practical Testing Day 3

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