

SYLLABUS

Title: Dry Needling Application & Protocols

**Date &
Location:**

Instructor: Dr. Brad Hayes, DC
(C.V. at end of syllabus)

CE Hours Requested: 12

I. COURSE OBJECTIVES

This program will introduce the doctor to dry needling to enhance his ability to treat his patients. The doctor will learn safety protocols and requirements along with application techniques for dry needling. He will leave the program with the ability to competently perform dry needling and the knowledge of when to use this procedure.

II. COURSE OUTLINE

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| 8:00 – 9:00 am | Overview & Introduction to Dry Needling <ol style="list-style-type: none">1. Overview2. History3. Difference between dry needling & acupuncture |
| 9:00 – 10:00 am | Pain Theory & Protocols for Dry Needling |
| 10:00 – 11:00 am | Review Protocols for Dry Needling Safety - OSHA - State Regulations |
| 11:00 – 12:00 pm | Dry Needling Performance <ol style="list-style-type: none">1. Locations & Procedure2. Safety and Disposal Protocols |
| 12:00 - 1:00 pm | Dry Needling as a Complementary Treatment Introduction to Dry Needling applications |
| 1:00 - 2:00 pm | Anatomy & Neuranatomy for Dry Needling Neurological Effects on Soft Tissue <ol style="list-style-type: none">3. Pathways & Neuropathies |
| 2:00 – 3:00 pm | Upper Extremity Work <ol style="list-style-type: none">1. Evaluation Review Patient History Presentation of Issue |

2. Dry Needling Applications
Specific areas of concern or pain
- 3:00 – 4:00 pm Treatment Procedures & Protocol for upper extremities
- a. Technique & demonstration
 - b. Indications and contraindications
- 4:00 – 5:00 pm Lower Extremity Work
1. Evaluation
 2. Review Patient History
 3. Presentation of Issue
 4. Dry Needling Applications
Specific areas of concern or pain
- 5:00 - 6:00 pm Lower Extremity Work demonstrations
Dry Needling - Knees, Hip areas
Dry Needling - Ankles and Feet areas
- 6:00 – 7:00 pm Dry Needling Completion & Review
1. Review Protocols for using Dry Needling
 2. Review applications & techniques of dry needling
 - a. Site of applications
 - b. Preparation of area
 - c. Technique & expected results
 3. Treatment Review
 - a. Did treatment solve issue
 - b. Are more treatments needed
 - c. Should a different approach be considered
- 7:00 - 8:00 pm Case Studies & Management
Applying Dry Needling Therapy
Safety & Disposal Review
Questions & Answers with demonstrations