

# SmartCare<sup>TM</sup> EDUCATION

EST 2021

## Certified Dry Needling Practitioner for Orthopedic Rehab and Sports Performance

### **Description**

The Certified Dry Needling Practitioner course by SmartCARE Education is a two-weekend pre-scheduled hybrid course where clinicians will complete 52 hours of education to attain certification as a Certified Dry Needling Practitioner (CDNP)

A minimum score of 80% on a 30 multiple-choice quiz in addition to demonstrated skill competency are required to pass this course.

The first weekend of the course features a brief introduction to the history of dry needling, trigger points, myofascial pain, and pain science, an in-depth review of possible adverse events, the OSHA Bloodborne Pathogen Standards within the context of dry needling, and an introduction to relevant movement assessments and pain sciences associated with orthopedics and sports rehabilitation.

The second weekend of the course builds on the knowledge and skills of the first weekend. Participants will be introduced to the clinical aspects of myofascial pain, peripheral and central sensitization, the scientific basis of myofascial pain and dry needling.

Many muscles commonly addressed in clinical practice are included, such as the infraspinatus, upper trapezius, deltoid, sternocleidomastoid, triceps, biceps, brachialis, levator scapulae, latissimus dorsi, the subscapularis, brachioradialis, wrist extensors, supinator and anconeus, the quadratus lumborum, psoas major, lumbar iliocostalis, the gluteal muscles (minimus, medius, and maximus), the hip adductor muscles, the quadriceps and hamstrings, and gastrocnemius and soleus muscles amongst other muscles.

Each weekend we will review relevant regional and three-dimensional anatomy as well as pathophysiology of commonly encountered pathologies in orthopedics and sports rehabilitation and dry needling techniques for each muscle.

It will cover the use of DN techniques in trigger points, myofascial pain syndromes and its use in musculoskeletal injuries and disorders. Also included will be musculotendinous, and ligamentous applications. This course IS NOT an acupuncture course.

Safety and the proper handling of potential blood borne pathogens associated with DN applications will be emphasized. The course is designed to place heavy emphasis on practical, hands-on practice.

Several states require between 46 and 54 hours of dry needling education to be able to use dry needling in clinical practice. Missouri at the moment does not have legislation in place discouraging the use of Dry Needling by PTs, DCs, DOs, MDs without additional board certification. Participants are encouraged to review the legislation and scope of practice of their state prior to signing up for the course.

### **Prerequisites**

Must have a valid license in chiropractic or physical therapy in their state. Pre-licensees must be enrolled in an accredited Chiropractic, or Physical Therapy and must've completed two graduate level anatomy courses.

### **Required Reading**

Participants will obtain access to required reading material upon registration, as well as other course materials.

### **Recommended Reading**

*Dry Needling Vs. Acupuncture: The Ongoing debate. Kehua Zhou*

Zhou K, Ma Y, Brogan MS. Dry Needling vs acupuncture: the ongoing debate. *Acupunct Med J Br Med Acupunct Soc.* November 2015

doi: 10.1136/acupmed-2015-010911

*Physiologic Effects of Dry Needling, Barabara Cagnie*

Cagnie, B, Dewitte, V, Barbe, T, Timmermans, F, Delrue, N, and Meeus, M. Physiologic Effects of Dry Needling. *Curr Pain Headache Rep* 17, 2013

### **Course Objectives**

- Adhere to safe needling techniques, including universal precautions and blood borne pathogen education per the CDC and/or OSHA given a specific case study.
- Integrate surface anatomy palpation and layered anatomy application for safety considerations when inserting a dry needle into a patient given a specific case study.
- List contraindications and precautions for dry needling and intramuscular electrical stimulation application.
- Master application of dry needling techniques for common orthopedic pathologies and sports related dysfunctions given a specific case study.
- Master application of intramuscular electrical stimulation for the common orthopedic pathologies and sport related dysfunctions given a specific case study.
- Correctly integrate dry needling and intramuscular electrical stimulation into the overall treatment program given a specific case study.
- Perform four specific muscle and region-specific treatments to inactivate myofascial trigger points given a specific case study.
- Demonstrate proper identification of 25 muscles of the body by surface anatomy and function.

Visit [www.smartcareeducation.com](http://www.smartcareeducation.com) for additional information or courses.

E-mail [info@smartcareeducation.com](mailto:info@smartcareeducation.com) for questions regarding this course or any of our courses.