

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**

**DAY 1 7.5 H Total contact**

TIME	TOPIC	INSTRUCTION
12:45 - 1:00 pm	Registration with snacks	Sign in
1:00-2:00 pm	Review difficult and dangerous techniques from level 1 Questions from level 1	Group Discussion, Anatomy, Lecture, Demo
2:00 - 3:00pm	Practice difficult techniques from level 1	Practical
3:00-4:00 pm	Anatomy Review of the UE including surface Anatomy	Lecture & Practice
4:00 - 5:00 pm	Pectorals, deltoids, Serratus Anterior	Lecture & Demo
5:00 - 6:00 pm	Pectorals, deltoids, Serratus Anterior	Practical
<b>6:00 - 6:30pm</b>	<b>Dinner</b>	
6:30 - 7:30 pm	Upper Arm: Triceps, brachialis, biceps, anconeus	Lecture & Demo
7:30 - 8:30 pm	Upper Arm: Triceps, brachialis, biceps, anconeus	Practical
8:30 - 9:00 pm	Case study: clinical reasoning in dry needling	Lecture and Group Discussion

Completion of the home study, online portion, and live portion of this course = 31.0 Contact Hours/ 3.1 CEU's

## DAY 2 9.5 H Total contact

TIME	TOPIC	INSTRUCTION
8:00 - 8:30 am	Questions day 1 and safety review	Group discussion
8:30 - 9:15 am	Forearm: Extensors, brachioradialis, supinator	Anatomy, lecture, demo
9:15 - 10:00 am	Forearm: Extensors, brachioradialis, supinator	Practical
10:00 - 11:00 am	Forearm flexors and pronator teres	Anatomy, lecture, demo
11:00am -12:00 pm	Forearm flexors and pronator teres	Practical
12:00 - 12:30 pm	Use of Handheld EStim in the Forearm	Practical
<b>12:30 - 1:00 pm</b>	<b>Lunch</b>	
1:00 - 1:45 pm	Muscles of the hand, thumb extrinsics, hypothenar eminence, interossei	Anatomy, lecture, demo
1:45 - 2:30 pm	Muscles of the hand, thumb extrinsics, hypothenar eminence, interossei	Practical
2:30- 3:30 pm	TMJ masseter, temporalis, lateral pterygoids, sternocleidomastoid	Anatomy, lecture, demo
3:30 - 4:30 pm	TMJ masseter, temporalis, lateral pterygoids, sternocleidomastoid	Practical
4:30 - 5:00 pm	Case studies and questions	Lecture and group discussion
5:00 - 6:00 pm	Clinical exams, practical review	Practical

## DAY 3 9.0 H Total contact

TIME	TOPIC	INSTRUCTION
8:00 - 8:30 am	Questions day 2 and adverse events	Group discussion
8:30 - 9:15 am	Rectus abdominis, abdominal obliques, pectineus	Anatomy, lecture, demo
9:15 - 10:00 am	Rectus abdominis, abdominal obliques, pectineus	Practical
10:00 - 11:00 am	Quadratus Lumborum, Iliocostalis thoracis, serratus post-sup and inf	Anatomy, lecture, demo
11:00 am -12:00 pm	Quadratus Lumborum, Iliocostalis thoracis, serratus post-sup and inf	Practical
12:00 - 12:30 pm	Use of Estim	Practical
<b>12:30 - 1:00 pm</b>	<b>Lunch</b>	
1:00 - 1:30 pm	Calf: Posterior, Anterior, and Lateral compartments	Anatomy, lecture, demo
1:30 - 2:30 pm	Calf: Posterior, Anterior, and Lateral compartments	Practical
2:30 - 3:15 pm	Foot anatomy / lecture / demo	Anatomy, lecture, demo
3:15 - 4:00 pm	Needling of the foot	Practical
4:00 - 4:30 pm	Case studies	Lecture and group discussion
4:30 - 5:30 pm	Clinical exams, practical review	Practical

Completion of the home study, online portion, and live portion of this course = 31.0 Contact Hours/ 3.1 CEU's