

## **Myopain Seminars — Dry Needling 1: Foundations 1 Course Outline**

**CE Hours Requested: 46**

### **Course Objectives**

Enhance your dry needling skills with focused objectives.

- **Safety First:** Learn to avoid key anatomical structures when needling the sternocleidomastoid.
- **Adverse Event Awareness:** Identify five potential risks associated with dry needling.
- **Technique Mastery:** Practice two dry needling techniques for the psoas major.
- **Theory and Practice:** Understand the differences between dry needling and trigger point injections.
- **Hands-On Skills:** Apply four manual therapy treatments for myofascial trigger points.
- **Trigger Point Identification:** Recognize three essential features of a trigger point.
- **Anatomical Knowledge:** Accurately identify 25 muscles by anatomy and function.

This streamlined approach ensures practical mastery and theoretical understanding for effective dry needling practice.

### **Course Schedule**

#### **Day 1**

07:00 - 07:30 Registration  
07:30 - 08:30 Pre-quiz & Review of Intro Lecture  
08:30 - 09:30 Palpation Lab  
09:30 - 09:45 Questions & Answers  
09:45 - 10:45 Needle Handling Lab  
10:45 - 11:45 OSHA, Blood Borne Pathogen  
11:45 - 12:45 Lunch  
12:45 - 02:00 Infraspinatus  
02:00 - 03:15 Deltoids  
03:15 - 03:30 Questions & Answers

03:30 - 04:30 Biceps and Brachialis

04:15 - 05:30 Triceps

05:30 - 06:30 Upper Trapezius

## **Day 2**

07:30 - 08:30 Review of Intro to Pain Sciences

08:30 - 09:30 SCM

09:45 - 11:15 Lat Dorsi, Teres Maj/Min & Pec Major

11:15 - 12:15 Subscapularis (axillar & medial approach)

12:15 - 01:15 Lunch

01:15 - 02:45 Brachioradialis and Wrist Extensors

02:45 - 03:45 Supinator/Anconeus

03:45 - 04:00 Questions & Answers

04:00 - 05:15 QL and Psoas

05:15 - 06:30 Gluteus max/med/min & TFL

## **Day 3**

07:30 - 09:00 Adductor longus, brevis, magnus/gracilis

09:00 - 10:00 Pectineus

10:00 - 10:15 Questions & Answers

10:15 - 11:45 Quads and Hamstrings

12:45 - 01:45 Gastroc/Soleus

01:45 - 02:30 Muscle Competency Check Off and Practice

02:30 - 03:30 Review and Summary

## **Additional Information**

Students will have 5 hours of home study modules to review before each course. Once registered, Myopain will send a link containing the home study modules. The home study can also be completed via a live webinar. Additional charges apply for the webinar.