

# Myopain Seminars -- Dry Needling 2: Foundations II

**CE Hours Requested: 44 hours**

## **Course Objectives**

- Demonstrate at least two principle differences between dry needling of the cervical and thoracic multifidi muscles
- Demonstrate two different dry needling methods for the serratus anterior muscle
- Compare and contrast three principles of dry needling the posterior cervical muscles and the oblique capitis inferior muscle
- Demonstrate three different dry needling approaches for the rhomboid, middle trapezius and pectoralis muscles.
- Discuss the basic premise of three different trigger point hypotheses.
- Name three characteristics of the Cinderella Hypothesis relevant for trigger points.
- Discuss at least 4 different forms of muscle overload that can lead to the formation of trigger points.
- Discuss at least 4 potential adverse events that can occur when needling muscles in the region of the trunk.

## **Course Schedule**

### **Day 1**

7:00 – 7:30 – \*\*Registration

7:30 – 7:45 – Pre-quiz

7:45 – 8:45 - Lecture module 5 review

8:45 – 9:45 – Coracobrachialis

9:45 – 10:00 - Questions and answers

10:00 – 12:00 - Pronator teres & wrist flexors

12:00 – 1:00 – Lunch Break

1:00 – 2:00 – Supraspinatus

2:00 – 3:00 - Levator scapula & pectoralis minor

3:00 – 3:15 - Questions & Answers

3:15 – 6:30 - Posterior neck muscles

## **Day 2**

7:00 – 7:30 – Registration

7:30 – 8:30 - Lecture module 6 review

8:30 – 9:30 - Oblique capitis inferior

9:30 – 10:30 - Lumbar & thoracic multifidi

10:30 – 10:45 - Questions and answers

10:45 – 12:00 - Serratus anterior

1:00 – 2:00 - Latissimus dorsi & iliocostalis

2:00 – 3:00 - Pectoralis major, rhomboids, & middle trapezius

3:15 – 6:30 - Longissimus & lower trapezius

## **Day 3**

7:30 – 8:30 - Lecture module 7 review

8:30 – 9:00 - Scalene muscles

9:00 – 10:30 - Abdominal muscles

10:45 – 11:30 – Iliacus

11:30 – 12:30 - Deep hip rotators

12:30 – 1:30 - Lunch Break

1:30 – 2:30 - Muscle Competency

2:30 – 3:30 - Scar Tissue, Adhesions, Enthesopathies, and Tendinopathies

3:30 – 4:00 - Summary and Review

\*\*In addition, students will have 5 hours of home study modules to review prior to 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