

# Myopain Seminars -- Dry Needling 3: Advanced

**CE Hours Requested: 27 Hours**

## **Course Objectives**

- Discuss three indications for dry needling of the longus colli muscle.
- Discuss three different dry needling techniques for needling the intrinsic hand muscles.
- Demonstrate two different dry needling approaches for the zygomaticus muscles
- Name at least four anatomical structures to avoid when needling the scalene muscles
- Demonstrate three different dry needling approaches for the lateral pterygoid muscle
- Compare and contrast three differences between dry needling of the adductor pollicis and the adductor hallucis
- Name three differences and similarities between superficial dry needling, intramuscular stimulation (Gunn) and Fu's subcutaneous

## **Course Schedule**

*Note: The actual times may vary with each program at the discretion of the instructors.*

*Refreshments are provided; meals are on your own.*

### **Day 1**

07:00 - 07:30	Registration*
07:30 - 08:30	Lecture: Other needling approaches
08:30 - 10:00	Anterior and lateral compartment lower leg
10:00 - 10:15	Questions & Answers
10:15 - 12:00	Popliteus, FDL, FHL, posterior tibialis
12:00 - 01:00	Lunch Break
01:00 - 02:00	The foot
02:00 - 03:30	The hand
03:30 - 03:45	Questions & Answers
03:45 - 06:30	Temporalis, masseter & pterygoids

## **Day 2**

07:00 - 07:30	Registration
07:30 - 09:00	Lecture: Review of all theory
09:00 - 10:00	Anterior and Posterior Digastric
10:00 - 10:15	Questions & Answers
10:15 - 11:15	Longus colli
11:15 - 12:30	Corrugator supercilii, procerus, occipito-frontalis
12:30 - 13:30	Lunch Break
01:30 - 03:00	Facial muscles
03:00 - 03:15	Questions & Answers
03:15 - 06:30	Practical review of all muscles

## **Day 3**

08:00 - 10:30	Theoretical Review and Examination
10:30 - 11:00	Last Minute Practice Prep
11:00 -	Practical Review and Examinations