

Neurological Dry Needling for Pain Management & Sports Rehabilitation Course Agenda

Lecture Course Hours: 7.75 - Practical Lab Hours: 18.5 - Writing: .75 - Reading: 2 Hours

Time	CE Hrs	Topic
Pre-Course	2.0	Pre-Course Reading Manual
Friday - Day One		
8:00 - 9:30	1.50	Lecture 1: Introduction of concept, physiological mechanisms of dry needling, peripheral and central mechanisms, specific and non-specific mechanisms.
9:30-10:30	1.0	Safety Lecture (Adverse Reactions, OSHA guidelines, BBP, Precautions)
10:30-11:15	.75	Lab: Safe needling handling, insertion and manipulation techniques using ½”-1” needle.
11:15-12:00	.75	Lecture 2: Neuroanatomy of neuro-trigger points and development of Homeostatic neuro-trigger points.
12:00-1:00		Lunch break
1:00 - 2:30	1.5	Lab: Quantitative Sensory Analysis
2:30- 3:30	1.0	Lab: Surface anatomy of neuro-trigger points in head, cervical, upper extremities.
3:30-4:45	1.25	Needling Lab-1””: Deep Radial (1), Superficial Radial (12), Lateral Antebrachial Cutaneous (9)
4:45-6:00	1.25	Lab: Surface anatomy of neuro-trigger points trunk and lower extremities
Saturday - Day Two		
8:00 - 10:30	2.5	Needling Lab- 3” needling of 5 points in the hip. Iliopsoas/pectineus/adductor/Inferior Gluteal (16), Superior Cluneal (14). Break on your own
10:30-12:30	2.0	Needling Lab-2””: (2:2 Concept)- Lumbar to include Posterior cutaneous of L2 & L5, T7, Suprascapular (8) (infraspinatus), Latissimus, Lateral Pectoral (17) with pectoralis-horizontal needling.
12:30-1:30		Lunch
1:30-3:00	1.5	Needling Lab-1””: (1:1 Concept)- Dorsal Scapular (13), Posterior Cutaneous of T6 (21), Abdominals.
3:00 - 4:30	1.5	Craniofacial Pain and Dysfunction: <ul style="list-style-type: none"> • Needling Lab- ½””: Face and head- Supraorbital (23), Infraorbital (19), Masseter, Temporalis (horizontal needling) Suprahyoids, Greater Auricular (2)
4:30- 6:00	1.5	Needling Lab: Lower Extremity: ITB (18), Lateral Popliteal (11), Saphenous (4), Common Fibular (24), Sural (10), Tibial (6), Deep Fibular (5)
Sunday - Day Three		
8:00 - 10:00	2.0	Cervical Needling Lecture and Lab- Sternocleidomastoid, Greater Occipital (7), Posterior Cervical-Paravertebrals, Suboccipitals.
10:00 - 12:30	2.5	Case Applications- <ul style="list-style-type: none"> • Shoulder (supraspinatus) needling (muscular, musculotendinous, subacromial approach), Spinal Accessory (3); • Electrical nerve stimulation (ENS) demonstration and lab. • Special techniques: Twitching/Pistoning, Needle Rotation, Tenting.
12:30- 1:00	.5	Working Lunch on administrative issues related to dry needling practice
1:00-2:00	1	Discussion session: Consent to treat, political & legislative issues marketing, and final details of providing clinical dry needling.
2:00-3:30	1.5	Written test and Practical Examination
3:30-5:00	1.5	Interactive Q & A based on Clinical Case Studies