

Description

The Neuro-Musculoskeletal Dry Needling- Foundations (NMSDN-1) is the first course in a 2- course series offered by SmartCare Pain Management and Rehabilitation Seminars, to attain certification as a Certified Neuro-Musculoskeletal Dry Needling Practitioner.

A minimum score of 80% on a multiple choice quiz plus demonstrated muscle competency are required to pass this course.

The NMSDN-1 course features a brief introduction to the history of dry needling, trigger points, myofascial pain, and pain science, an in-depth review of possible adverse events, the OSHA Bloodborne Pathogen Standards within the context of dry needling, and an introduction to relevant movement assessments and pain sciences.

Many muscles commonly addressed in clinical practice are included, such as the infraspinatus, upper trapezius, deltoid, sternocleidomastoid, triceps, biceps, brachialis, levator scapulae, latissimus dorsi, the subscapularis, brachioradialis, wrist extensors, supinator and anconeus, the quadratus lumborum, psoas major, lumbar iliocostalis, the gluteal muscles (minimus, medius, and maximus), the hip adductor muscles, the quadriceps and hamstrings, and gastrocnemius and soleus muscles.

This course IS NOT an acupuncture course. We will review relevant regional and three-dimensional anatomy as well as pathophysiology of common disorders as the weekend progresses, and dry needling techniques for each muscle.

It will cover the use of DN techniques in trigger points, myofascial pain syndromes and its use in musculoskeletal injuries and disorders. Also included will be musculotendinous, tendoperiosteal and ligamentous applications.

Safety and the proper handling of potential blood borne pathogens associated with DN applications will be emphasized. The course is designed to place heavy emphasis on practical, hands-on practice.

Several states require between 46 and 54 hours of dry needling education to be able to use dry needling in clinical practice. Missouri at the moment does not have legislation in place discouraging the use of Dry Needling by PTs, DCs, DOs, MDs without additional board certification. Participants are encouraged to review the legislation and scope of practice of their state prior to signing up for the course.

Prerequisites

There are no prerequisites for NMSDN-1

Required Reading

Participants will receive required reading material upon registration via e-mail, as well as other course materials.

Course Objectives

- Name at least four anatomical structures to avoid when needling the sternocleidomastoid muscle
- Name at least 5 possible adverse events associated with dry needling
- Demonstrate two different dry needling methods for the psoas major muscle
- Compare and contrast three basic principles of dry needling and trigger point injections

- Perform four specific muscle and region-specific manual therapy treatments to inactivate myofascial trigger points
- Demonstrate proper identification of the three key features of a trigger point
- Demonstrate proper identification of 25 muscles of the body by surface anatomy and function.

Course Schedule

Day 1 (4)

04:00 – 04:30	Registration
04:30 - 05: 30(1.0)	Pre-quiz & Intro Lecture
05:30 - 06:30 (1.0)	Palpation Lab
06:30 - 06:45 (0.25)	Questions & Answers
06:45 - 7:15 (.50)	Needle Handling Lab
7:15 – 8:15 (1.0)	OSHA, Blood Borne Pathogen
8:15 – 8:30 (.25)	Questions & Answers

Day 2 (11.0)

07:00 - 07:30	Registration
07:30 - 08:30 (1.0)	Review of Intro to Pain Sciences
08:30 - 09:30 (1.0)	SCM
09:30 - 09:45 (0.25)	Questions & Answers
09:45 - 11:15 (1.5)	Lat Dorsi, Teres Maj/Min & Pec Major
11:15 - 12:15 (1.0)	Subscapularis (axillary & medial approach)
12:15 - 01:15	Lunch
01:15 - 02:45 (1.5)	Brachioradialis and Wrist Extensors
02:45 - 03:45 (1.0)	Supinator/Anconeus
03:45 - 04:00 (0.25)	Questions & Answers
04:00 - 05:15 (1.25)	QL and Psoas
05:15 - 06:30 (1.25)	Gluteus max/med/min & TFL
6:30 – 7:30 (1.0)	Infraspinatus

Day 3 (12.0)

07:00 - 07:30	Registration
07:30 - 09:00 (1.5)	Adductor longus, brevis, magnus/gracilis
09:00 - 10:00 (1.0)	Pectineus
10:00 - 10:15 (0.25)	Questions & Answers
10:15 - 11:45 (1.5)	Quads and Hamstrings
11:45 - 12:45 (.75)	Deltoid
12:30 – 12:45 (.25)	Questions & Answers
12:45 - 01:45 (1.0)	Gastroc/Soleus,
01:45 - 02:30 (0.75)	Biceps Brachii, Brachialis, Anconeus
02:30 - 03:30 (1.0)	Triceps
03:30 – 4:30 (1.0)	Upper Trapezius
04:30 -5:30 (1.0)	Gastrocnemius/ soleous
05:30 – 6:30 (1.0)	Muscle competency Check off and Practice
6:30 – 7:30 (1.0)	Review and Examinations

