

Description

The Neuro-Musculoskeletal Dry Needling- Foundations II (NMSDN-2) is the second 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.

NMSDN-2, builds on the knowledge and skills of the NMSDN-1 course. Participants will be introduced to the clinical aspects of myofascial pain, peripheral and central sensitization, the etiology and scientific basis of myofascial pain and dry needling. 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.

Prerequisites

Successful completion of the NMSDN-1 course by SmartCare Pain Management and Rehabilitation Seminars

Required Reading

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

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.
- Name three key features of central sensitization.
- Demonstrate three different dry needling approaches for the rhomboid, middle trapezius and pectoralis muscles

Day 1 (4)

04:00 – 04:30	Registration
04:30 - 05: 30(1.0)	Pre Quiz and Lecture
05:30 - 06:30 (1.0)	Coracobrachialis, Pronatore Teres
06:30 - 06:45 (0.25)	Wrist Flexors
06:45 - 7:15 (.50)	Questions & Answers
7:15 – 8:15 (1.0)	Pronator teres & wrist flexors
8:15 – 8:30 (.25)	Supraspinatus

Day 2 (11.0)

07:00 - 07:30	Registration
07:30 - 08:30 (1.0)	Lecture module
08:30 - 09:30 (1.0)	Oblique capitis inferior
09:30 - 09:45 (0.25)	Thoracic multifidi
09:45 - 11:15 (1.5)	Questions & Answers
11:15 - 12:15 (1.0)	Serratus anterior
12:15 - 01:15	Lunch
01:15 - 02:45 (1.5)	Latissimus dorsi & iliocostalis
02:45 - 03:45 (1.0)	Pectoralis major, rhomboids, & middle trapezius
03:45 - 04:00 (0.25)	Questions & Answers
04:00 - 05:15 (1.25)	Longissimus & lower trapezius
05:15 - 06:30 (1.25)	Levator Scapula
6:30 – 7:30 (1.0)	Posterior Neck Muscles

Day 3 (9.25)

07:00 - 07:30	Registration
07:30 - 09:00 (1.5)	Lecture module 7 review
09:00 - 10:00 (1.0)	Scalene muscles
10:00 - 10:30 (0.50)	Abdominal muscles
10:30 - 11:00 (.50)	Questions & Answers
11:45 - 12:30 (.75)	Iliacus

12:30 – 01:45 (1.25)	Deep hip rotators
01:45 – 03:00 (1.25)	Muscle Competency
02:30 - 03:30 (1.0)	Scar Tissue, Adhesions, Enthesopathies, and Tendinopathies
03:30 – 5:00 (1.5)	Summary, Review and Examination