

## Eastern Medicine Institute

Mark L. Hanson, D.C., L.Ac.

P.O. Box 542874

Dallas, TX 75354

Telephone: 214.881.5922

Fax: 972.243.0550

Email: [DrHanson@EasternMedicineInstitute.com](mailto:DrHanson@EasternMedicineInstitute.com)

Website: [EasternMedicineInstitute.com](http://EasternMedicineInstitute.com)

### Comprehensive Dry Needling – Outline

Columbus, Ohio - January 13, 14 & 15, 2023

**Seminar Objectives:** Upon completion of this course the Doctor will be trained in the application of the filiform &/or acupuncture needle into the body, the proper angle and depth of the needle will be taught and performed. Various forms of stimulation for the particular muscles or muscle group. The Doctor will learn the techniques to examine, diagnosis and perform treatment of specific muscles and trigger points which will decrease pain and restore function to their patients. The practitioner will be able to perform all techniques Monday morning on their patients.

**Seminar Benefits:** This course utilizes common Dry Needling techniques as well as the incorporation of various acupuncture techniques to successfully treat conditions that come into the clinic. Additionally, the instructor of the course is dual licensed in Chiropractic and Chinese Medicine. The focus of the course is to train the Doctor in the treatment of stimulating the muscle tissue, connective tissue and to reduce muscle spasm and other trigger points with in the body.

#### Course Content

Introduction to Dry Needling

- Ethics in the treatment of Dry Needling
- Safety guide-lines for needling
- Clean Needle techniques for handling the filiform &/or acupuncture needle
- Needling insertion and getting the twitch
- Proper disposal of the filiform &/or acupuncture needle

Anatomy of the individual & groups of muscles

Superficial and Deep Dry Needling Techniques demonstrated and performed

#### Clinical & Physical Examination of Myofascial Pain Syndromes of the Cervical region

- Levator Scapula / Sternocleidomastoid / Cervical Multifidi / Semispinalis Capitis / Splenius Capitis

#### Clinical & Physical Examination of Myofascial Syndromes of the Thoracic region

- Trapezius – upper, middle & lower / Rhomboid Major & Minor / Supraspinatus / Infraspinatus / Thoracic Multifidi

#### Clinical & Physical Examination of Myofascial Syndromes of the Lumbosacral & Gluteal region

- Lumbar Multifidi / Quadratus Lumborum / Gluteus Maximus / Gluteus Medius / Gluteus Minimus / Piriformis

#### Clinical & Physical Examination of Myofascial Pain Syndromes of the Chest region

- Pectoralis Major / Pectoralis Minor

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Re: Outline Dry Needling

### **Clinical & Physical Examination of Myofascial Syndromes of the Upper Extremity**

- Deltoid / Biceps / Triceps / Brachioradialis

### **Clinical & Physical Examination of Myofascial Syndromes of the Lower Extremity**

- Tensor Fascia Lata – Iliotibial tract / Rectus Femoris / Vastus Intermedius / Vastus Medialis / Vastus Lateralis / Biceps Femoris / Semimembranosus / Semitendinosus / Adductor Magnus / Adductor Brevis / Adductor Longus / Sartorius / Gracilis / Gastrocnemius / Tibialis Anterior / Peroneus Longus / Peroneus Brevis / Abductor Hallucis

Electrical stimulation of the needle & the different type of devices

Cupping & Gua Sha techniques in the treatment of Myofascial Syndromes

Laser treatment for the reduction of myofascial trigger points and pain

Demonstrations of examinations & techniques: Needle & non-needle & the applications throughout the course.

Attendees will participate in the application of the techniques & must show proficiency.

Examination at the completion of course.

### **January 13, 2023 – Friday: 8:00 am to 6:00 pm**

#### **8:00 am to 10:00 am**

Introduction to Dry Needling

- Ethics in the treatment of Dry Needling
- Safety guide-lines for needling
- Clean Needle techniques for handling the filiform &/or acupuncture needle

#### **10:00 am to 10:15 am**

Break

#### **10:15 am to 12:00 pm**

Introduction to Dry Needling

- Needling insertion and getting the twitch
- Proper disposal of the filiform &/or acupuncture needle

#### **12:00 pm to 1:00 pm**

Lunch break

**1:00 pm to 3:00 pm**

Anatomy of the individual & groups of muscles  
Superficial and Deep Dry Needling Techniques demonstrated and performed  
Getting the Twitch

**3:00 pm to 3:15 pm**

Break

**3:15 pm to 4:30 pm**

Clinical & Physical Examination of Myofascial Syndromes of the Upper Extremity

- Deltoid / Biceps / Triceps / Brachioradialis

**4:30 pm to 4:45 pm**

Clinical & Physical Examination of Myofascial Syndromes of the Thoracic region

- Trapezius – upper, middle & lower

**4:45 pm to 6:00 pm**

Clinical & Physical Examination of Myofascial Syndromes of the Thoracic region

- Rhomboid Major & Minor

**January 14, 2023 – Saturday: 8:00 am to 6:00 pm**

**8:00 am to 10:00 am**

Questions & Review  
Clinical & Physical Examination of Myofascial Syndromes of the Thoracic region

- Supraspinatus / Infraspinatus / Thoracic Multifidi

**10:00 am to 10:15 am**

Break

**10:15 am to 12:00 pm**

Clinical & Physical Examination of Myofascial Pain Syndromes of the Chest region

- Pectoralis Major / Pectoralis Minor

Clinical & Physical Examination of Myofascial Pain Syndromes of the Cervical region

- Sternocleidomastoid

**12:00 pm to 1:00 pm**

Lunch break

**1:00 pm to 3:00 pm**

Gua Sha techniques in the treatment of Myofascial Syndromes

**3:00 pm to 3:15 pm**

Break

**3:15 pm to 4:30 pm**

Clinical & Physical Examination of Myofascial Pain Syndromes of the Cervical region

- Levator Scapula / Cervical Multifidi / Semispinalis Capitis / Splenius Capitis

**4:30 pm to 4:45 pm**

Break

**4:45 pm to 6:00 pm**

Clinical & Physical Examination of Myofascial Syndromes of the Lumbosacral & Gluteal region

- Lumbar Multifidi / Quadratus Lumborum

**January 15, 2023 – Sunday: 8:00 am to 4:00 pm**

**8:00 am to 10:00 am**

Questions & Review

Clinical & Physical Examination of Myofascial Syndromes of the Lumbosacral & Gluteal region

- Gluteus Maximus / Gluteus Medius / Gluteus Minimus / Piriformis

**10:00 am to 10:15 am**

Break

**10:15 am to 12:00 pm**

Cupping techniques in the treatment of Myofascial Syndromes

Laser treatment for the reduction of myofascial trigger points and pain

**12:00 pm to 1:00 pm**

Lunch break

**1:00 pm to 2:30 pm**

**Clinical & Physical Examination of Myofascial Syndromes of the Lower Extremity**

- Tensor Fascia Lata – Iliotibial tract / Rectus Femoris / Vastus Intermedius / Vastus Medialis / Vastus Lateralis / Biceps Femoris / Semimembranosus / Semitendinosus / Adductor Magnus / Adductor Brevis / Adductor Longus / Sartoris / Gracilis /

**2:30 pm to 3:00 pm**

Break

**3:00 pm to 4:00 pm**

**Clinical & Physical Examination of Myofascial Syndromes of the Lower Extremity**

- Gastrocnemius / Tibialis Anterior / Peroneus Longus / Peroneus Brevis
- Closing questions

Total Hours 25