

Eastern Medicine Institute

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Comprehensive Dry Needling – Outline

Colorado Springs, Colorado - April 14, 15 & 16, 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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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.

April 14, 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

April 15, 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

April 16, 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