



STRUCTURE & FUNCTION EDUCATION

Dry Needling for Recovery and Regeneration– Home Study

I. Welcome

- a. Video: Introduction to Recovery and Regeneration (2 minutes)
- b. Video: How to Use this Course (1 minute)
- c. Survey: Before We Begin (goals, experience, roadblocks)

II. Dry Needling for Recovery and Regeneration – How did we get here?

Objectives: Upon completion of this module, the student will be able to:

- Define overtraining and why athletes are in need of recovery.
- Differentiate between training principles and stress interaction.
- Describe the neural and endocrine complications of overtraining.

- a. Video: Why do we need Dry Needling for recovery? (10 minutes)
- b. Read: Overtraining Syndrome: A Practical Guide

[Kreher JB, Schwartz JB. Overtraining syndrome: a practical guide. Sports Health. 2012;4\(2\):128–138. doi:10.1177/1941738111434406](#)

III. Why Dry Needling for Recovery?

Objectives: Upon completion of this module, the student will be able to:

- Describe why needling works to help with overtraining.
- Define how to define what is the motivation of your patient?
- Diagram the balance and function of the autonomic nervous system.
- Describe how dry needling stimulates the HPA axis.

- a. Video: Why Dry Needle for Recovery? (17 minutes)
- b. Read: Acupuncture Effect and Central Autonomic Regulation

[Acupuncture Effect and Central Autonomic Regulation. Evid Based Complement Alternat Med. 2013; 2013: 267959. Published online 2013 May 26. doi: 10.1155/2013/267959.](#)

IV. How do we Dry Needle for Recovery?

Objectives: Upon completion of this module, the student will be able to:

- Describe the effects of needle manipulation.

- Diagram how needle manipulation stimulates local, segmental and systemic effects.
 - Describe how dry needling distal points can decrease pain.
 - Describe dosing philosophy and practice.
- a. Watch: How do we dry needle for recovery? (6 minutes)
 - b. Read: Effect of acupuncture 'dose' on modulation of the default mode network of the brain

[Lin YJ, Kung YY, Kuo WJ, et al. Effect of acupuncture 'dose' on modulation of the default mode network of the brain. Acupunct Med. 2016;34\(6\):425–432. doi:10.1136/acupmed-2016-011071](#)

V. What do we Dry Needle?

Objectives: Upon completion of this module, the student will be able to:

- Describe the components of the Penta model method that apply to recovery and regeneration.
- Define how to select primary passive trigger points.
- Describe how fascial centers of coordination affect the body.
- Define the relationship between Fascial points and acupuncture points.

- a. Watch: What do we dry needle for recovery and regeneration? (13 minutes)
- b. Read: The Lumbodorsal Fascia as a Potential Source of Low Back Pain: A Narrative Review

[Wilke J, Schleip R, Klingler W, Stecco C. The Lumbodorsal Fascia as a Potential Source of Low Back Pain: A Narrative Review. Biomed Res Int. 2017;2017:5349620. doi:10.1155/2017/5349620](#)

VI. Conclusions

- a. Watch: Conclusion (50 minute)
- b. Quiz: Dry Needling for Recovery and Regeneration (15 Questions)
- c. Survey: Course Evaluation