

## Foundations in Dry Needling for Orthopedic Rehab and Sport Performance

### **Day 1:**

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| 8:00-8:15   | Introductions/ Intro to SFDN   |
| 8:15-10:35  | <i>Lecture:</i> History of dry needling (DN), scientific evidence and basis of DN; Physiological considerations and current research; billing and professional considerations. |
| 10:35-10:45 | Break  |
| 10:45-12:30 | <i>Lecture:</i> Blood borne pathogens, universal precautions, and safety issues related to DN. Contraindications and precautions for DN. Basic needle insertion and removal.   |
| 12:30-1:30  | Lunch  |
| 1:30-3:00   | <i>Demo &amp; Lab:</i> Lateral Hip Pathologies <ul style="list-style-type: none"><li>• Trochanteric Pain Syndrome</li></ul>  |
| 3:00-4:15   | <i>Demo &amp; Lab:</i> Posterior Hip Pathologies <ul style="list-style-type: none"><li>• Piriformis Syndrome</li><li>• Hip Labral Tear/ FAI</li></ul>                          |
| 4:15-5:30   | <i>Demo &amp; Lab:</i> Anterior Hip and Thigh Pathologies <ul style="list-style-type: none"><li>• Sports Hernia</li><li>• Groin / Quad Strain</li></ul>                        |
| 5:30-6:00   | <i>Lecture:</i> Use of Electrical Stimulation <ul style="list-style-type: none"><li>• Case Review of LE pathology with IMS and E-stim treatment strategies</li></ul>           |

### **Day 2:**

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| 8:00-9:30 | <i>Demo &amp; Lab:</i> Anterior Thigh & Knee Pathologies <ul style="list-style-type: none"><li>• Ligamentous Injuries (non-operative and post op)</li><li>• Meniscal and Articular Cartilage Injuries</li><li>• ITB Syndrome</li><li>• Anterior Knee Pain/ Patella and Quad Tendonopathy/ Quad Strains</li></ul> |
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- 9:30-11:00      *Demo & Lab:* Posterior Leg Pathologies
- Posterior Chain (excluding hip)
  - Hamstring/ Calf strains
  - Plantar Fasciitis
- 11:00-12:00      *Demo & Lab:* Foot and Ankle Pathologies
- Lateral And Medial Ankle Sprains; Midfoot Sprains
  - Anterior Ankle Impingement
  - Bunions And Turf Toe
  - Neuroma's
- 12:00- 1:00      Lunch
- 1:00-2:30      *Demo & Lab:* Cervical Spine Pathologies
- Upper Trapezius Strains And Spasm
  - Whiplash
  - Cervicogenic Headaches
  - TMJ
- 2:30-4:00      *Demo & Lab:* TMJ/ Face
- 4:00-6:00      *Demo & Lab:* Elbow/Wrist/Hand Pathologies
- Lateral and Medial Epicondylitiis
  - UCL tears (Non-Operative and Post-Op)
  - Flexion and Extension Contractures
  - Tricep/Extensor Mechanism Pathologies
  - Carpal Tunnel Syndrom
  - Dorsal Impingement
  - TFCC
  - IP Arthritis/Finger Dislocations
- Day 3:**
- 8:00-9:30      *Demo & Lab:* Low Back Pathologies
- DJD/ DDD
  - Spondylolisthesis
  - NSLBP
- 9:30-11:00      *Demo & Lab:* Posterior Shoulder Pathologies
- Rotator Cuff Strains (Posterior Approach)
  - Lat/ Teres Major Strains (Posterior Approach)
  - Labral Tears (Posterior Approach)



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| 11:00-12:30 | <i>Demo &amp; Lab:</i> Anterior Shoulder Pathologies and Lift Techniques <ul style="list-style-type: none"><li>• Pec Strains</li><li>• Rotator Cuff Strains (Anterior Approach)</li><li>• Lat/ Teres Major Strains (Anterior Approach)</li><li>• Labral Tears (Anterior Approach)</li></ul> |
| 12:30-1:30  | Lunch   |
| 1:30- 4:00  | SFE Case Study Discussion and Treatment Strategies<br>Course Self-Reflection/Course Wrap-up<br>Testing: Written<br>Testing: Practical 2 people at a time for 2 techniques   |

*\*Breaks are taken individually, as needed, during lab portion of class*