



Educational Course Outline

Providing Organization:	
Title:	Dynamic Neuromuscular Dry Needling (DNX2) – Part I
Times & Dates	Friday (4pm-8:30pm); Saturday (8am-8pm); Sunday (8am-5pm)
Instructor:	Gary M Estadt, DC, DABCA, DACRB

Goals & Objectives	Content/Topics	Time Frames	Teaching
Online Distance Learning			
Review protocols for Clean Needle Technique (CNT) & Infection Control; Have students demonstrate understanding of material	Lecture on CNT & Infection Control; Live Demo of CNT; Students perform CNT under supervision; Exam	240 minutes	Video Recorded PowerPoint Presentation, embedded proficiency quiz at end

Friday Class, 4pm-8:00pm			
Review Clean Needle Technique & Infection Control; Have students demonstrate proficiency with procedure	Review of CNT & Infection Control lecture; Live Demo of CNT; Have Students perform CNT under supervision	90 minutes	PowerPoint Presentation, clinical demonstration, students perform supervised procedure.
Develop awareness of myofascial pain syndrome & its role in formation of chronic pain	Discuss how myofascial pain and muscle TrPts can be treated for pain relief via dry needling combined with myofascial treatment, massage and therapeutic exercise	150 minutes	Video Recorded PowerPoint Presentation, embedded proficiency quiz at end

Saturday Class, 8am-6:00pm			
Review of basic NMS anatomy; Lecture & demo on methods of trigger point dry needling (DN); Participants will practice supervised clinical trigger point DN of every major muscle group w partners.	Discuss on anatomy of lower back, pelvis. Demonstrate Dry Needle (DN) techniques to each muscle. Workshop DN of each muscle group with students, under supervision.	240 minutes	Lecture, PowerPoint Presentation, Online materials, Workshop, Journal References, Q&A
Lunch		30 minutes	
Review of basic NMS anatomy; Lecture & demo on methods of trigger point dry needling (DN); Participants will practice supervised clinical trigger point DN of every major muscle group	Discuss on anatomy of lower back, pelvis. Demonstrate Dry Needle (DN) techniques to each muscle. Workshop DN of each muscle group with students, under supervision.	330 minutes	Lecture, PowerPoint Presentation, Online materials, Workshop, Journal References, Q&A



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Sunday Class, 8am-4:00pm			
Identify current standards for documentation, record keeping & risk management. Discuss needs for setting a proper DN work station.	Discuss documentation & record keeping, risk management standards. Show students how to set up a proper DN work station, incl supplies	120 minutes	Lecture, PowerPoint Presentation, Online materials, Workshop, Journal References, Q&A
Review of basic NMS anatomy; Lecture & demo on methods of trigger point dry needling (DN); Participants will practice supervised clinical trigger point DN of every major muscle group w partners.	Discuss anatomy of shoulder & upper extremity. Demonstrate Dry Needle (DN) techniques to each muscle. Workshop DN of each muscle group with students, under supervision.	120 minutes	Lecture, PowerPoint Presentation, Online materials, Workshop, Journal References, Q&A
Lunch		30 minutes	
Review of basic NMS anatomy; Lecture & demo on methods of trigger point dry needling (DN); Participants will practice supervised clinical trigger point DN of every major muscle group w partners.	Discuss anatomy of foot, chest & abdomen. Demonstrate Dry Needle (DN) techniques to each muscle. Workshop DN of each muscle group with students, under supervision.	210 minutes	Lecture, PowerPoint Presentation, Online materials, Workshop, Journal References, Q&A
Total CE Hours		25	

References:

White, Adrian, Mike Cummings & Jacqueline Filshie; *An Introduction to Western Medical Acupuncture*; Churchill Livingstone, 2008.

Robinson, Narda; *Interactive Medical Acupuncture Anatomy*; Teton NewMedia, 2016.

Ma, Yun-Tao, Mila Ma, Mila & Zang Hee Cho; *Biomedical Acupuncture for Pain Management – An Interactive Approach*; Churchill Livingstone, 2005.

Ma, Yun-Tao; *Biomedical Acupuncture for Sports & Trauma Rehabilitation – Dry Needling Techniques*; Chuchill Livingstone, 2011.

Ma, Yun-Tao; *Dr. Ma’s Neurologic Dry Needling*; Lanterna Medica Press; 2016.

Corradino, Michael; *Neuropuncture: A Clinical Handbook of Neuroscience Acupuncture*; Singing Dragon, 2017.

Finando, Donna & Steve; *Trigger Point Therapy for Myofascial Pain*; Healing Arts Press, 2005.

Gyer, Giles, Jimmy Michael & Ben Tolson; *Dry Needling for Manual Therapists*; Singing Dragon, 2016.

Clean Needle Technique Manual – Best Practices for Acupuncture Needle Safety and Related Techniques, 7th Edition; Council of Colleges of Acupuncture and Oriental Medicine, 2015.