



DRY NEEDLING COURSE

SUMMARY

Myofascial pain is arguably one of the most common causes of pain to afflict humankind. It is a pervasive musculoskeletal pain that is associated with a wide variety of ills: tension-type and migraine headaches, cervicogenic headache, shoulder pain in frozen shoulder, in rotator cuff injuries, in hemiplegic shoulder dysfunction, in non-specific low back pain, in lumbar and cervical radiculopathy, in pelvic pain syndromes, in repetitive strain injuries, and the list can go on and on.

The need to be knowledgeable about this pain condition, and to be competent in treating this condition, becomes obvious when one considers the pervasive nature of myofascial pain. Failure to recognize this condition and treat it effectively is to consign our patients to continuing and unnecessary suffering.

The first part of the course provides the scientific underpinning of the field, laying out clearly the current understanding of the nature of myofascial pain and the trigger point.

The second part of the course describes the technique of dry needling muscle by muscle.

This is a practical course that presents both the foundation for the diagnosis and treatment of myofascial pain and also its treatment by trigger point dry needling.

OBJECTIVES

-Define and understand what trigger points and how they relate to treatment with dry needling.

-Present and review the common presentations of neuromuscular dysfunction as well as utilize other common evaluation procedures.

-Review and become familiar with current literature regarding efficacy and treatment rationale for dry needling.

-Instruct safe and efficient application of dry needling

-Review anatomy, function and safety concerns of regions which are covered in this course.

-Instruct and apply dry needling technique which considers safety, indications and contraindications for treatment and proper integration into the daily practice.



PROGRAM

The concept: Introduction and history

Myofascial Trigger points

Trigger points defined

Neurophysiology of dry needling

Mechanisms and effects of trigger point dry needling

Needling techniques

Dry needling evidence.

Safety guidelines

DEEP DRY NEEDLING OF THE HIP PELVIS AND THIGH MUSCLES

- Tensor fascia latae
- Gluteus medius
- Gluteus minimus
- Gluteus máximus
- Quadriceps femoris
- Hamstrings

DEEP DRY NEEDLING OF LEG AND FOOT MUSCLES

- Gastrocnemius
- Soleus
- Tibialis anterior
- Extensor hallucis longus
- Extensor digitorum longus
- Peroneus longus / brevis

DEEP DRY NEEDLING OF SHOULDER MUSCLES

- Deltoid muscle
- Supraespinatus muscle
- Infraespinatus muscle
- Teres major /minor muscles
- Latissimus dorsi muscle
- Biceps brachii muscle
- Triceps brachii

DEEP DRY NEEDLING OF THE ARM AND HAND MUSCLES

- Supinator muscle
- Wrist and finger extensor muscles

DEEP DRY NEEDLING OF THE HEAD AND NECK MUSCLES

- Trapezius muscle
- Levator scapulae muscle



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