

# Dry Needling



## Dry Needling 1: Foundations I

The Foundations I course features a brief introduction to the history of dry needling, trigger points, and myofascial pain, an in-depth review of possible adverse events, the OSHA Bloodborne Pathogen Standards within the context of dry needling, and an introduction to relevant pain sciences. Many muscles commonly addressed in clinical practice are included, such as the infraspinatus, upper trapezius, deltoid, sternocleidomastoid, triceps, biceps, brachialis, levator scapulae, the latissimus dorsi (partially), the subscapularis, brachioradialis, wrist extensors, supinator and anconeus, the quadratus lumborum, psoas major, lumbar iliocostalis, the gluteal muscles (minimus, medius, and maximus), the hip adductor muscles, the quadriceps and hamstrings, and gastrocnemius and soleus muscles.



## Dry Needling 2: Foundations II

The Foundations II course builds on the knowledge and skills of the DN-1 course. Many muscles commonly addressed in clinical practice are included, such as the posterior cervical muscles, the oblique capitis inferior, the cervical and thoracic and lumbar multifidi, levator scapula (partially), the scalenes, the latissimus dorsi, supraspinatus, pectoralis major, pectoralis minor, the coracobrachialis, pronator teres, wrist flexors, oblique abdominal muscles and rectus abdominus, the lumbar paraspinals, the deep hip rotators, the lower and middle trapezius, the serratus anterior, and the rhomboids muscles. Students will also be introduced to the current scientific basis for dry needling for scar tissue, fascial adhesions, enthesopathies, and tendinopathies.

## Dry Needling 3: Advanced

The Advanced course will bring the student to the highest level of clinical proficiency in the management of patients with myofascial pain. Students will learn to examine and treat all muscles in the body, while gaining a profound understanding of the scientific literature. Advanced topics include peripheral and central sensitization, and clinical syndromes, such as tension-type headache, migraines, low back pain, plantar fasciitis, carpal tunnel syndrome, post-mastectomy and pelvic pain syndromes, needling for tendinopathy and enthesopathy, among others. The course concludes with a comprehensive certification examination (theoretical and practical). Students will attain their Certified Myofascial Trigger Point Therapist/Dry Needling certification (CMTPT/DN).

*I would recommend the Myopain Seminars courses for any physiotherapist who wants to integrate this type of treatment into their clinical practice.*

TODD S. ELLENBECKER, DPT, MS, SCS, OCS, CSCS, DIRECTOR OF SPORTS MEDICINE, ATP WORLD TOUR

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