

# Dry Needling for Athletic Trainers



This Dry Needling for Athletic Trainers 2-course format series is designed for, and taught by athletic trainers. It will address when and how to incorporate dry needling into athletic training for amateur and professional athletes. Although not all athletic trainers' state boards have approved dry needling by athletic trainers or have a defined position on the topic, an increasing number of athletic trainers are being trained in dry needling. According to a recent study, 89% of the dry needling competencies are provided through entry-level education within the AT 5th Edition Competencies leaving 11% of dry-needling-specific education for post-graduate continuing education course programs. Myopain Seminars is an approved BOC course provider (P8248).

**In this 2-course format, each course will be three days worth of instruction (Friday-Sunday).**



## DN-AT 1 (Level 1 Foundations)

DN-AT 1 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 pain sciences relevant to athletic training. Many muscles commonly addressed in clinical practice are included, such as the infraspinatus, deltoid, triceps, biceps, brachialis, brachioradialis, wrist extensors, supinator and anconeus, the pectoralis major, latissimus dorsi and subscapularis (partially) muscles, the gluteal muscles (minimus, medius, and maximus), the tensor fascia latae, the hip adductor muscles, the quadriceps and hamstrings, and gastrocnemius and soleus muscles. Students will review the anatomy, function, and dry needling techniques for each muscle.



## DN-AT 2 (Level 2 Advanced)

DN-AT 2 will bring the athletic trainer to the highest level of clinical proficiency in the management of athletes with myofascial pain. Many muscles including the pronator teres, wrist flexors, hand muscles, posterior neck muscles, sternocleidomastoid muscles, upper trapezius muscles, lumbar paraspinals, quadratus lumborum, psoas and iliacus muscles, the deep hip rotators, and several lower extremity and foot muscles will be discussed. Students will also be introduced to the current scientific basis for dry needling for scar tissue, fascial adhesions, enthesopathies, and tendinopathies. All muscles of the DN-AT 1 course will be reviewed in detail, as well as the pertinent theoretical information, preparing students for the final practical examination to earn their CMTPT/DN-AT qualification!

Register Today!

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