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## Neuromuscular Dry Needling (Advanced)

A two-day course

### COURSE DESCRIPTION

This course covers the neurophysiology of dry needling, the physiology of trigger points and the application of dry needling to treat the trigger points.

It includes hands-on sessions to learn needling skills for various trigger points, along with clinical reasoning for the same. We encourage treatment accompanied by clinical reasoning at all times.

The course emphasis is mainly on the principles so as to enable each participant to tackle any situation. We do not provide specific treatment options in our course material since any problem can have more than one solution and hence we want to equip the participant with the ability to decide the best treatment option for the patient.

E.g. two patients could have tennis elbow or subacromial impingement but their presentations might be different, thereby warranting different treatment approaches.

### OBJECTIVES

Upon completion of this course, participants will be able to:

1. Demonstrate an understanding of the neurophysiology of trigger points and dry needling.
2. Judge if treatment using needles is required.
3. Treat needle muscles not covered in the Basic course with necessary understanding and skill.

### PLEASE NOTE

- We do not encourage needling an area if you are unsure of the anatomy or technique.
- We do not recommend needling muscles that have not been taught in the course.

### COURSE PROGRAM

THEORY	PRACTICAL APPLICATION
- Quick revision of content covered in Basic course - Please revise muscle and thoraco abdominal anatomy before attending the course	- Ant/Lat/Post Cx muscles - Scapular and Thoracic region - Abdominals - Jaw Muscles - Small muscles of hand and foot - Deeper muscles not covered in Basic course

### PRE-READING

Anatomy of muscles (origin, insertion, nerve supply, action, myotomes). Basic neuroanatomy and neurophysiology of brainstem, thalamus, hypothalamus, cerebral cortex, reticular formation, limbic system, pituitary gland, A delta and C fibres, ascending and descending pain pathways.

### ELIGIBILITY

Participant should have completed Neuromuscular Dry Needling (Basic) course from Physiohealth at least 6 months prior to the date of the Advanced course. We cannot accept participants who have not done the basic course.

### NOTE

- It is recommended you wear comfortable and appropriate clothing for practice sessions throughout the course.
- Photography/Video recording during the course is not allowed. If this guideline is not adhered to the person may be asked to leave the premises.