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## Neuromuscular Dry Needling (Basic)

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. Have the skill to needle superficial meridian points and muscles, efficiently and effectively.  
 Needling of thorax and deeper muscles close to vulnerable structures are NOT covered in this course.

### COURSE PROGRAM

DAY ONE	DAY TWO
<p><b>Theory</b></p> <ul style="list-style-type: none"> <li>- Introduction to Dry Needling</li> <li>- Neurophysiology of Trigger Points &amp; Dry Needling</li> <li>- Materials &amp; Techniques</li> <li>- Precautions &amp; Contra-Indications</li> <li>- Skin preparation, sterilization &amp; hygiene</li> <li>- Informed Consent and Recording</li> </ul> <p><b>Practical Application</b></p> <ul style="list-style-type: none"> <li>- Lower Limb Needling</li> </ul>	<p><b>Practical Application (Continued)</b></p> <ul style="list-style-type: none"> <li>- Upper limb &amp; Spine Needling</li> <li>- Muscles covered during practicals -               <ul style="list-style-type: none"> <li>✓ Spine – Multifidus (Cx/Tx/Lx)</li> <li>✓ Cervical – Upper Trapezius</li> <li>✓ Shoulder – Rotator cuff, Deltoid, Lat Dorsi</li> <li>✓ Upper Arm – Biceps &amp; Triceps</li> <li>✓ Forearm – Flexors &amp; Extensors</li> <li>✓ Lumbar – Erector Spine &amp; Quadratus Lumborum</li> <li>✓ Hip – Gluteals, TFL, Piriformis, Psoas</li> <li>✓ Thigh – Quadriceps &amp; Hamstrings</li> <li>✓ Leg – Tib Ant, Peroneii, EDL, Calf &amp; some more useful points.</li> </ul> </li> </ul>

### 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

Bachelor of Physiotherapy

### 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.