

Foundation Course Agenda

Time	CE Hrs	Topic
Friday - Day One		
1:00-2:30	1.50	Lecture 1: Introduction of concept, physiological mechanisms of dry needling, peripheral and central mechanisms, specific and non-specific mechanisms.
2:30-3:15	.75	Safety Lecture (Adverse Reactions, OSHA guidelines, BBP, Precautions)
3:15-4:00	.75	Needling insertion techniques using ½"- 1" needle. Lab practice.
4:00-4:30	.5	Lecture 2: Neuroanatomy of neuro-trigger points and development of Homeostatic neuro-trigger points.
4:30-6:00	1.5	Lab: Surface anatomy of neuro-trigger points in head, cervical, upper extremities. Saturday-Day two
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8:00-9:30	1.5	Lab: Surface anatomy of neuro-trigger points trunk and lower extremities
9:30-10:30	1.0	Quantitative Analysis- Lab practice
10:30-1:00	2.5	Needling Lab- 3" needling of 5 points in the hip. Iliopsoas/pectineus/adductor/Inferior Gluteal (16), Superior Cluneal (14). Break on your own
1:00-2:00	-	Lunch
2:00-4:00	2.0	Needling Lab-2": (2:2 Concept)- Lumbar to include Posterior cutaneous of L2 & L5, T7, Suprascapular (8) (infraspinatus), Latissimus, Lateral Pectoral (17) with pectoralis-horizontal needling.
4:00-5:15	1.25	Needling Lab-1": (1:1 Concept)- Dorsal Scapular (13), Posterior Cutaneous of T6 (21), Abdominals.
5:15-6:30	1.25	Craniofacial Pain and Dysfunction: Needling Lab- ½": Face and head- Supraorbital (23), Infraorbital (19), Masseter, Temporalis (horizontal needling) Suprahyoids, Greater Auricular (2)
Sunday-Day 3		
8:00-9:45	1.75	Needling Lab: Lower Extremity: ITB (18), Lateral Popliteal (11), Saphenous (4), Common Fibular (24), Sural (10), Tibial (6), Deep Fibular (5)
10:00-12:30	2.5	Cervical Needling Lecture and Lab- Sternocleidomastoid, Greater Occipital (7), Posterior Cervical-Paravertebrals, Suboccipitals.
12:30-1:30	1.5	Working Lunch-food brought in Administrative Discussion: Consent to treat, political & legislative issues marketing, and final details of providing clinical dry needling.
1:30-3:30	2.0	Case Applications- <ul style="list-style-type: none"> • Shoulder (supraspinatus) needling (muscular, musculotendinous, subacromial approach), Spinal Accessory (3); • Electrical nerve stimulation (ENS) demonstration and lab. Special techniques: Twitching/Pistoning, Needle Rotation, Tenting.
3:30-4:00	.5	Written test Case studies.
4:00-5:30	1.5	Practical examinations.