



Integrative Dry Needling for the Upper Extremity and Hand

This document contains important information on course preparation and course logistics. Please review and keep for future reference.

Course Information: You will receive an email 1 month before the start of the course with information specific to the course you are attending. Please be on the lookout for this email and check your spam folder if you have not received any emails from us before the course.

Course Preparation:

All information can be accessed on your IDN account dashboard.

- **Pre-Course Manual** - Review the Upper Extremity course pre-reading manual (pdf) to help you get acquainted with the IDN concepts.
- **Upper Course Manual** - We have made the transition to an interactive Pdf course manual. You can print this manual if you prefer to have a hard copy during the course, or you can bring a computer/tablet and access it digitally. At the course you will receive a small printed course booklet that has some of the key graphs, charts and some blank pages for you to take notes on.

Course Logistics:

- The course registration will start at 7:30 am on Friday, the course will begin promptly at 8:00 am and conclude around 5:30-6pm.
- Saturday 8:00am to 5:30-6pm and Sunday 8:00am to approximately 4:00pm (upon conclusion of the written and practical examinations).
- Sunday afternoon the written and practical examinations will be conducted, both require a minimum score of 80% for successful completion.
- Wear comfortable clothing that will allow easy access to your cervical spine, scapular region, and upper extremities.
- IDN will follow all current CDC guidelines as it relates to Covid-19. Local recommendations will also be considered on a case by case basis.
- Optional: You may bring a computer or tablet to the course to access the course manual if do not bring a printed copy.
- Individually wrapped snacks, and drinks will be provided but you are encouraged to bring your own water bottle.
- Lunch is on your own Friday/Saturday. Lunch will be provided on Sunday.
- **Travel and Accommodations:** For additional information regarding hotel accommodations, parking, and venue information please visit the course registration page on the website. This information will also be emailed to you 1 month before the course.

Needling supplies:

All of the dry needling supplies needed for the course are provided. If you wish to purchase supplies so you can begin needling immediately after the course. You can access the PT United website via your IDN account dashboard. To help get you started we assembled 4 starter kits. Each kit has a different volume of needles and a couple include the ES130 Electrical Nerve Stimulation (ENS) units that are an important part of dry needling treatment. We provide additional specifics for needle selection during the course, but the starter kits are a good beginning supply for treating on Monday morning.

Pregnancy Notice:

If you are or become pregnant, we require you to reschedule to a future course postpartum. You are permitted to attend if you are nursing, and we will work to accommodate your needs.

We are looking forward to a great weekend!

If you have any questions contact us at: admin@integrativedryneedling.com