

# Integrative Dry Needling Institute

Neurologic Dry Needling for Complex Persistent Pain: A Comprehensive Approach from the Athlete to Geriatric

## Course Agenda

Time	Academic Hours	Practical Hours	Content
Self-paced	2.0		Pre-course work*
			<b>Friday – Day One</b>
8:00 - 9:30	1.5		Introduction: Dry needling for persistent pain
9:30 - 11:00	1.5		Rethinking persistent musculoskeletal painful conditions. Pathophysiology of the nervous system.
11:00 - 11:30	.5		Breaking down IASP Chronic Pain Mechanisms: Nociceptive, Nociplastic, Neuropathic.
11:30 - 12:30			Lunch break
12:30 - 4:00	1	2.5	Evaluating IASP Pain Mechanisms: QST, Neural tension tests, Psychosocial battery, CSI, LANSS: Findings that inform the application of dry needling practice.
4:00 - 4:30	.5		Safety Review: Safety concepts applied to patients with persistent pain.
4:30 - 6:00	.5	1	Dry needling the Thoracic Spine (review): Building on autonomic regulation and dural influences
Total Day 1	5.5	3.5	
			<b>Saturday - Day Two</b>
8:00 - 9:00	1		Dry needling mechanisms influencing persistent pain mechanisms.
9:00 -10:00		1	Breakout Session: Needling lab
10:00 - 11:30	.5	1	Vagus nerve neuromodulation: Auricular (Non-invasive options) and upper cervical lab
11:30 - 12:30			Lunch break
12:30 - 2:00	.5	1	Vagus nerve neuromodulation: anterolateral cervical lab
2:00 - 3:30	.5	1	Vagus nerve neuromodulation: Abdominal, Tibial N., Common Fibular N. (Indirect neuro-inflammatory reflex) lab
3:30 - 4:00	.5		Quantitative Sensory Testing- Assessing central and peripheral connections
4:00 - 6:00	2		Introduction to clinical case studies: Recognizing patient factors and linking to likely persistent pain mechanisms lab
Total Day 2	5	4	
			<b>Sunday - Day Three</b>
8:00 - 9:30	1.5		Differences and similarities in clinical approaches between the athletic and geriatric populations. Athletic case application
9:30 - 11:00		1.5	Dry needling lab: Tendon needling, Efficiency treating radicular pain

11:00 - 12:00	1		Patient case study presentations from an expert's point of view
12:00 - 1:00	1		Working lunch- administration, needling supplies, legislative, marketing
1:00 - 3:00	2		Guided development of a dry needling treatment plan based on participant's own patient case.
3:00 - 5:00	1	1	Practical examination presentations and demonstration of unique dry needling applications. Report out on case studies.
Total Day 3	6.5	2.5	
<b>Subtotals</b>	<b>Academic</b>	<b>Practical</b>	
	<b>hours</b>	<b>hours</b>	
<b>Total Hours</b>	<b>17</b>	<b>12</b>	<b>Total Hours: 29</b>

*\*Wordstotime.com estimator was used to calculate the time to review the pre course manual.*