

Time	CEH	Topic
		Pre-reading course manual
		Friday – Day One
7:30-800		Registration/sign in.
8:00 - 9:00	1.0	Lecture 1: Introduction of concept, physiological mechanisms of dry needling, peripheral and central mechanisms, specific and non-specific mechanisms.
9:00 -9:45	.75	Safety Lecture (Adverse Reactions, OSHA guidelines, BBP, Precautions)
9:45–10:45	1.0	Needling insertion techniques using ½”- 1” needle. Lab practice
10:45-11:30	.75	Lecture 2: Neuroanatomy of neuro-trigger points and development of Homeostatic neuro-trigger points.
11:30 – 12:30	1.0	Lab: Surface anatomy of neuro-trigger points in the upper quadrant
12:30 – 1:30		Lunch
1:30 – 3:00	1.5	The IDN Bedside Quantitative Sensory Testing
3:00 – 4:30	1.5	Needling Lab-1”: Deep Radial (1), Superficial Radial (12), Lateral Antebrachial Cutaneous (9).
4:30-5:15	.75	Electrical Needling Stimulation [ENS] (Lecture)
5:15-6:00	.75	Scar Tissue considerations and techniques (Lab)
		Saturday- Day two
8:00 – 10:00	2.0	Mid-Lower Cervical Needling Lecture and Lab- Cervical Paravertebrals, and Upper Trapezius, Dorsal Scapular
10:00 –12:00	2.0	Major neuromuscular points of the upper limbs: Axillary/Radial N. (Lab) to include Supinator Syndrome, Lateral Epicondylalgia, and other neuro-entrapments with ENS
12:00 - 1:00		Lunch
1:00 – 2:30	1.5	Major neuromuscular points of the upper limbs: Musculocutaneous N. (Lab) to include Coracobrachialis entrapment and Bicipital involvement with ENS
2:30 – 4:00	1.5	Major neuromuscular points of the upper limbs: Median N. (Lab) to include Pronator Syndrome, Carpal Tunnel and other neuro-entrapments and ENS.
4:00 – 6:00	2.0	Major neuromuscular points of the upper limbs: Ulnar N. (Lab) to include Cubital Tunnel, Medial Epicondylalgia, Guyon’s Canal, and other neuro-entrapments and ENS.
		Sunday - Day Three
8:00 – 10:30	2.5	Shoulder: Supraspinatus, Infraspinatus, Subscapularis, Latissimus Dorsi, Pectoralis Major
10:30– 12:30	2.0	Hand: CMC OA considerations / DeQuervains Tenosynovitis / Hand Intrinsic / Trigger Finger (Lab)
12:30 – 1:30	1.0	Working Lunch- Discussion on administrative / clinical practice /marketing / legal / billing and any other practice issues.
1:30 – 2:00	.5	Neurologic Dry Needling in the treatment of spasticity.
2:00-5:00	3.0	Written and Practical Examinations based on case studies
End of Course	27	Total hours