

# DGSA Dry Needling Course for MD's

6 days in two parts

## Part 1: Top 30 DN (3 days)

### Dry Needling

#### Course Contents & Program

This three-day introductory course covers the foundations of Dry Needling, myofascial pain syndrome, trigger points and the clinical highlights of dry needling. It is a hands-on course. Participants practice Dry Needling of the Top 30 muscles under consistent supervision with each other.

Upon completion of the course, participants will ...

- understand the basic scientific backgrounds of the myofascial pain syndrome and of trigger points.
- be able to identify the Top 30 muscles by surface anatomy, palpation and function. They will also understand their clinical symptoms and perpetuating factors.
- be able to identify the features of trigger points by physical examination and apply this knowledge to the Top 30 muscles.
- understand the specific indications and contraindications of dry needling.
- have the ability to apply the safety rules for dry needling.
- be able to perform dry needling of the Top 30 muscles.
- understand the possible side effects and complications of dry needling and will be able to react appropriately.

**Duration of the Course:** 3 days – in total 25 hours

Orateurs: Daniel Boesch & Fernando Colla

#### Program Day 1 – topics

08:30 - 12:30 Theory

12:30 - 13:30 Lunch

13:30 - 18:00 Theory & Practice

- **Introduction**
- **Basics of Dry Needling:**
  - Clinical diagnostic criteria and aetiology of MTrP's, definitions of terms, historical aspects

All day's topics: Subject to modifications and amendments

- Indications, contraindications and possible side effects of Dry Needling
- Theoretical and practical basics of Dry Needling, hygiene, forms of Dry Needling, mechanisms and effects of Dry Needling, practice of safe Dry Needling
- Treatment strategies

- **Theory and practical exercises:**

Anatomy in vivo and treatment techniques of the shoulder:

Infraspinatus Muscle, Teres Minor Muscle, Subscapularis Muscle, Pectoralis Major Muscle, Deltoid Muscle, Teres Major Muscle

**Program Day 2 – topics**

08:30 - 12:30 Theory

12:30 - 13:30 Lunch

13:30 - 18:00 Theory & Practice

- **Overview of research in the field of the Myofascial Pain Syndrome**

- **Treatment management and practical examples**

- **Theory and practical exercises:**

Anatomy in vivo and treatment techniques of the shoulder and neck, the upper extremities and the trunk:

Triceps Brachii Muscle, Anconeus Muscle, Extensor Carpi Radialis Longus Muscle, Brachioradialis Muscle, Extensor Digitorum Muscle, Adductor Pollicis Muscle, Trapezius Muscle – Upper Part, Trapezius Muscle – Middle and Lower Part, Rhomboideus Muscle, Scalene Muscles, Levator Scapulae Muscle, Sternocleidomastoid Muscle

**Day 3 – topics**

08:30 - 12:30 Theory

12:30 - 13:30 Lunch

13:30 - 18:00 Theory & Practice

- **Questions, answers, practical examples and clinical implementations**

- **Theory and practical exercises:**

Anatomy in vivo and treatment techniques of the head and trunk and the lower extremities:

Longissimus and Iliocostalis Muscles, Masseter Muscle, Temporalis Muscle, Lateral Pterygoid Muscle, Gluteus Medius & Gluteus Minimus Muscle, Quadratus Lumborum Muscle, Iliopsoas and Iliacus Muscles, Pectineus Muscle, Vastus Medialis Muscle, Vastus Lateralis Muscle, Gastrocnemius Muscle, Soleus Muscle

- **Multiple Choice Exam**

- **Discussion and Evaluation**

All day's topics: Subject to modifications and amendments

## Part 2: Advanced Upper Body & Lower Body DN (3 days)

### Dry Needling

#### Course Contents & Program

During this three-day advanced course participants will learn the diagnosis, physical examination and Dry Needling of the most common muscles of the upper and lower half of the body. The course is a hands-on course. Participants practice Dry Needling under consistent supervision with each other.

Upon completion of the course, participants will ...

- be able to identify the most common muscles of the upper and lower half of the body by surface anatomy, palpation and function and understand their clinical symptoms and perpetuating factors.
- be able to identify the features of trigger points by physical examination and apply this knowledge to the most common muscles of the upper and lower half of the body.
- be able to perform dry needling for the most common muscles of the upper and lower half of the body.
- have updated their knowledge about research in the field of the myofascial pain syndrome and trigger points.

**Duration of the Course:** 3 days – in total 25 hours

#### Program Day 1 – topics

08:30 - 12:30 Theory

12:30 - 13:30 Lunch

13:30 - 18:00 Theory & Practice

- **Introduction, questions and answers**
- **Theory and practical exercises:**
  - Repetition of basics and theory update
  - Anatomy in vivo and treatment techniques of the upper extremities and trunk, practical examples and clinical implementations:  
Latissimus Dorsi Muscle, Supraspinatus Muscle, Pectoralis Minor Muscle, Biceps Brachii Muscle, Extensor Carpi Radialis Brevis Muscle, Extensor Carpi Ulnaris Muscle, Supinator Muscle, Abductor Pollicis Longus Muscle, Pronator Teres Muscle, Flexor Carpi Radialis Muscle

All day's topics: Subject to modifications and amendments

## **Program Day 2 – topics**

08:30 - 12:30 Theory  
12:30 - 13:30 Lunch  
13:30 - 18:00 Theory & Practice

- **Questions and answers**
- **Theory and practical exercises:**
  - Anatomy in vivo and treatment techniques of the Hand, neck and head, of the lower trunk and thigh, practical examples and clinical implementations:  
Interossei Muscles of the Hand, Splenii Muscles, Semispinalis Muscles, Rectus Abdominis Muscle, External Abdominal Oblique Muscle, Gluteus Maximus Muscle, Piriformis Muscle, Tensor Fasciae Latae Muscle, Rectus Femoris Muscle, Sartorius Muscle

## **Program Day 3 – topics**

08:30 - 12:30 Theory  
12:30 - 13:30 Lunch  
13:30 - 18:00 Theory & Practice

- **Questions and answers**
- **Theory and practical exercises:**
  - Anatomy in vivo and treatment techniques of the thigh, leg and foot, practical examples and clinical implementations:  
Adductor Longus Muscle, Adductor Magnus Muscle, Biceps Femoris Muscle, Popliteus Muscle, Flexor Hallucis Longus Muscle, Peroneal Muscles, Tibialis Anterior Muscle, Quadratus Plantae Muscle, Abductor Hallucis Muscle
- **Multiple Choice Exam**
- **Discussion and Evaluation**

All day's topics: Subject to modifications and amendments