



## DGSA Advanced Upper Body DN course Dry Needling

### Course Contents & Program

During this two-day advanced course participants will learn the diagnosis, physical examination and Dry Needling of the most common muscles of the upper 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 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 half of the body.
- be able to perform Dry Needling for the most common muscles of the upper 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:** 15 hours

#### **Program Day 1 – topics**

- **Introduction, questions and answers**
- **Theory and practical exercises:**
  - Repetition and theory update
  - Anatomy in vivo and treatment techniques of the upper extremities and trunk, practical examples and clinical implementations

#### **Program Day 2 – topics**

- **Questions and answers**
- **Theory and practical exercises:**
  - Repetition and theory update
  - Anatomy in vivo and treatment techniques of the upper trunk and head, practical examples and clinical implementations