

DGSA Top 20 DN course Dry Needling

Course Contents & Program

This 2-day introductory course covers the foundations of Dry Needling, the myofascial pain syndrome, trigger points and the clinical highlights of dry needling. The course is a hands-on course. Participants practice Dry Needling of the top 20 muscles under consistent supervision among 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 20 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 20 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 20 muscles.
- understand the possible side effects and complications of Dry Needling and will be able to react appropriately.

Duration of the Course: 15 hours

Program Day 1 – topics

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

All day's topics: Subject to modifications and amendments

Program Day 2 – topics

- **Questions and answers**
- **Overview of research in the field of the Myofascial Pain Syndrome**
- **Treatment management and practical examples and clinical implementations**
- **Theory and practical exercises:**
Anatomy in vivo and treatment techniques of the upper extremities, the trunk and the lower extremities