



## Dry Needling Foundation Course Information

3 days – 18 hours taught CPD

Dry needling is the insertion of acupuncture needles into Myofascial trigger points in order to reduce pain, restore function and facilitate rehabilitation. Subsequently, will be taught as an intervention that can be used alongside clinical practice for manual healthcare professionals such as physiotherapists, osteopaths and chiropractors. Dry needling techniques demonstrated will include the treatment of trigger points and tendinopathies.

Over the three days that are held one per week, the safe and appropriate application of dry needling will be taught. Assessments will be required in the form of a written test to ensure understanding of safe application and demonstrate sound clinical reasoning. A practical test will also need to be completed to ensure correct application is adhered to.

Students must be in a profession where this skill can be used alongside their current intervention such as a physiotherapist, osteopath, sports therapist. A minimum of NVQ level 4 in anatomy and physiology must be held.

Professional indemnity insurance that covers dry needling must also be in place prior to the course commencing. This may be included as part of professional registration eg MCSP, or may be put in place separately eg. through an insurance provider such as Baylens or Towergate.

**Timetable** \*subject to change\*

Day one, week one

9.00-9.15	Introduction	Overview of course presented
9.15-10.15	Legal requirements, consent, health and safety, tools, precautions and contraindication.	Presentation covering required knowledge required in order to be able to safely practice dry needling within profession.
10.15-10.40	Break	
10.40-11.00	Local effects of needling	To understand what effects occur locally to the needle upon needle insertion. To understand when these effects are desirable and when they are not. To be able to relate the effects to local tissue and pain pathology.

11.00-11.30	Systemic effects of needling	Understand what effects that needling can have on the central and autonomic nervous system. To be able to clinically reason treatment in accordance to these effects.
11.30-12.00	Case studies	To ensure understanding of appropriate and safe needling.
12.00-13.00	Lunch	
13.00-13.40	Trigger point needling	Understand the pathophysiology of trigger points and how dry needling can effect and treat them.
13.40-14.15	Demonstration	Practical demonstration of trigger point needling by tutor to show correct technique and outcome.
14.15-14.30	Break	
14.30-15.30	Practical needling	To learn needle insertion and practice trigger point needling on TP's of the neck.
15.30-16.00	Case Studies	To consolidate learning

#### Day two, week two

9.00-9.30	Written exam	To ensure learning has been achieved of clinical reasoning and understanding of health and safety and legal implications of dry needling
9.30-11.00	Trigger points of the upper quadrant	To understand location, pain presentation and implications in pain and myofascial disorders of upper quadrant trigger points and to be able to safely treat with dry needling.
11.00-11.30	Break	
11.30-13.00	Continuation of trigger points of the upper quadrant	
13.00-14.00	Lunch	

14.00-15.00	Dry needling and tendinopathy	Understand the possible presentations of tendinopathy according to the latest literature and how dry needling can be used to assist treatment.
15.00-15.20	Break	
15.20-16.00	Practical dry needling for tendinopathy	To understand needling techniques for treatment of tendinopathy.

### Day three, week three

9.00-9.30	Needling competency test	Practical exam to ensure that the student can safely and correctly apply dry needling to a trigger point.
9.30-11.00	Trigger points of the trunk	To understand location, pain presentation and implications in pain and myofascial disorders of trigger points of the trunk and to be able to safely treat with dry needling.
11.00-11.20	Break	
11.20-13.00	Trigger points of the lower quad	To understand location, pain presentation and implications in pain and myofascial disorders of upper quadrant trigger points and to be able to safely treat with dry needling.
13.00-14.00	Lunch	
14.00-14.30	Evidence for dry needling	To re-inforce practical knowledge with research based evidence to establish strong clinical reasoning base.
14.30-15.30	Continuation of trigger points of the lower quad	
15.30-15.45	Break	
15.45-16.15	Case Studies	To consolidate learning.
16.15-16.30	Round up and questions	