

Dry Needling Module 1 (Basic)

Day 1 - Dry Needling

- Myofascial Trigger Points- Causes, Characteristics & Pathophysiology.
- Pain Referral Pattern and Diagnosis of MTrPs
- Palpation Technique: Muscle and MTrPs
- Treatment of Myofascial Trigger Points
- History and Concepts of Dry Needling
- Dry Needling- Shoulder Girdle Muscles(Basic)

Day 2 - Dry Needling

- Guidelines – Principles of Practice
- Guidelines- Safety, Precautions, Indications, Adverse Effects & Contraindications
- Dry Needling- Forearm Muscles(Basic)
- Dry Needling- Hip, Thigh and Leg Muscles(Basic)
- Mechanism and Effects of Dry Needling
- Clinical Decision Making and Research Evidence

Total Contact Hours: 16

Open for qualified certified Medical Practitioners:

- Practicing Physiotherapist
- Diploma/Degree Final Year Student
- Doctors and Chiropractors
- Nurses