

An Integrative Perspective to Dry Needling: Trigger Point, Neurological, and Functional Considerations with adjunct use of Manual Therapy and Corrective Exercise

Course Locations (more to be added soon)

Carolina Athletic Development, 905-B Old Winston Rd., Kernersville, NC. 27284
Phone 336-365-5711

Course Schedule (All courses customized for group experience level)

10 – 30 hours per course. Group size and location to determine cost

PREREQUISITE: Beginner to advanced. Advanced courses require participants to have completed at least 1 DN course from any approved provider. Please include date and course name when submitting registration.

ELIGIBLE PARTICIPANTS: Physical Therapists, Physicians, Occupational Therapists, Chiropractors. ATC's eligible with approval from supervising MD. If you're another health care provider and dry needling is within your scope of practice and your interested in a course please email me at lee@cadathletes.com to discuss options tailored to your needs.

Course Key

- A: Integrating Dry Needling, Manual Therapy and Corrective Exercise: LOWER QUARTER (10-30 hours)
- B: Integrating Dry Needling, Manual Therapy and Corrective Exercise: UPPER QUARTER (10-30 hours)
- C: Integrating Dry Needling, Manual Therapy and Corrective Exercise: HEAD & SPINE (10-30 hours)
- D: Combo approach of the above Courses (27-54 hours)

Course Description, Relevance and Objectives

Due to the paucity of information, this course has been created so the participant can improve their clinical effectiveness by advancing dry needling skills and applying essential manual therapy/ muscle energy techniques to maximize the effectiveness of treatment. Furthermore, by integrating a series of exercises clinicians can be confident that their attempt to restore optimal function may be achieved.

After completing the course the participant should be able to safely and effectively improve patient outcomes by applying the techniques and critical thinking concepts learned from the course. The participant will be able to apply knowledge from all courses immediately upon return to the workplace.

The aim of the course is to accomplish the following objectives:

- 1) To enhance the clinicians ability to use various movement assessments to detect compensation, faulty movement and normal movement. This information will be used to guide palpation, ROM and strength assessment as one determines the proper treatment course.
- 2) To expose the clinician to various models of Dry Needling that are commonly used by physical therapists and further enhance their clinical reasoning skills toward the benefit of integrating these concepts for pain reduction, improved motion and function.
- 3) To review the anatomy, referral patterns and function of key muscles that appear to contribute to movement dysfunction and pain.
- 4) To identify faulty movement patterns in the lower quarter, pelvic, spine, and the upper quarter through a series of key movements and palpation techniques
- 5) To enhance clinical understanding and skill toward implementing dry needling, manual therapy, muscle energy and corrective exercises to address faulty movements.
- 6) To discuss relevant research supporting and questioning the effects of dry needling
- 7) To reinforce safety and good decision making practice with respect to dry needling, manual therapy and corrective exercises

Course Presenter

Lee Howard PhD, PT, ATC, LAT, CSCS



Lee has presented at numerous National, State and local platforms for the APTA, NATA and NSCA. He is the former owner of Carolina Physical Therapy Specialists (now Pivot Physical Therapy) located in Kernersville, NC. His practice model successfully integrates dry needling, manual therapy, muscle energy, and an eclectic corrective exercise approach. Lee has extensive dry needling experience and is one of very few Nationwide who has completed all coursework from the pioneers in the dry needling field (Jan Dommerholt, Edo Zylstra, D. Ma) He also has extensive training in the area of “Osteopathic based” manual medicine, from which he has developed an integrated approach to successfully manage patients presenting with pain, mobility deficits and functional limitations.



Fax registration to 336-993-9943 or call 336-992-2787

Course Registration

Name _____

Course Name A-----B-----C Date _____

Location _____

Previous Course and date _____

Payment Method Check# _____ Cash

Credit Card # _____

Exp Date _____ CVV _____

Name on card _____

Carolina Athletic Development

905-B Old Winston Rd. Kernersville, NC 27284 p336-365-5711 f336-993-9943 www.cadathletes.com

COURSE A Focal point: Integrating Dry Needling, Manual Therapy and Corrective Exercise: LOWER QUARTER (15 hours)

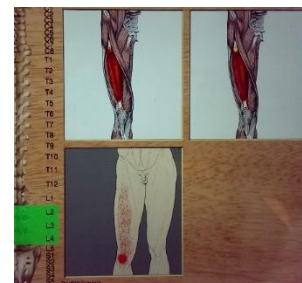
DAY 1

- 7:30 Introduction, check in and continental breakfast (provided)
- 8:00 Review of Safety Fundamentals of DN
- 8:15 Movement Assessment with identification of preliminary lower quarter dry needling points
- 9:30 Discussion of the neurological model, homeostatic points and the relationship to the trigger point model with emphasis on the lower quarter (Lecture and Lab)
- 10:30 Learn to identify Lower quarter DN anatomical key points,. Prioritize DN based on local and global restrictions. (Lecture and Lab)
- 12:00 Lunch (on your own)
- 1:00 - DN referral points (trigger point model).Top tier lower quarter muscles that are commonly taut or tender. Central, Peripheral and Visceral integration. (Lecture and Lab)
- 4:30 Review of Relevant Literature
- 5:00 End



DAY 2

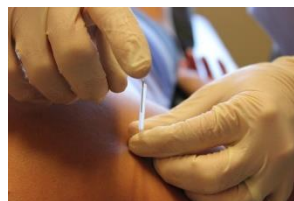
- 8:00 Review from Day 1
- 8:30 Faulty movement identification and manual therapy / corrective exercise options for the hip. Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 10:30 Faulty movement identification and manual therapy / corrective exercise options for the knee. Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 12:30 Lunch (provided)
- 1:00 Faulty movement identification and manual therapy / corrective exercise options for the foot/ankle. Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 2:30 Review of Relevant Literature
- 3:00 Closing remarks, course evaluations
- 3:30 End



COURSE B Integrating Dry Needling, Manual Therapy and Corrective Exercise: UPPER QUARTER (15 hours)

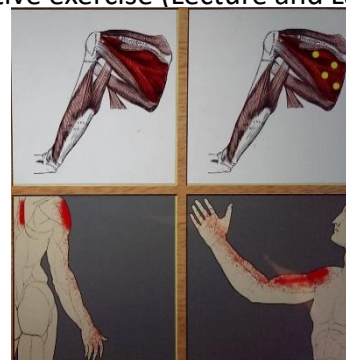
DAY 1

- 7:30 Introduction, check in and continental breakfast (provided)
- 8:00 Review of Safety Fundamentals of DN
- 8:15 Movement Assessment with identification of preliminary upper quarter dry needling points
- 9:30 Discussion of the neurological model, homeostatic points and the relationship to the trigger point model with emphasis on the upper quarter (Lecture and Lab)
- 10:30 Learn to identify Upper Quarter DN anatomical key points,. Prioritize DN based on local and global restrictions. (Lecture and Lab)
- 12:00 Lunch (on your own)
- 1:00 DN referral points (trigger point model).Top tier upper quarter muscles that are commonly taut or tender. Central, Peripheral and Visceral Integration. (Lecture and Lab)
- 4:30 Review of Relevant Literature
- 5:00 End



DAY 2

- 8:00 Review from Day 1
- 8:30 Faulty movement identification and manual therapy / corrective exercise options for the scapula/ shoulder . Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 11:30 Faulty movement identification and manual therapy / corrective exercise options for the arm. Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 12:30 Lunch (provided)
- 1:00 Faulty movement identification and manual therapy / corrective exercise options for the wrist and hand. Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 2:30 Review of Relevant Literature
- 3:00 Closing remarks, course evaluations
- 3:30 End



COURSE C Focal point: Integrating Dry Needling, Manual Therapy and Corrective Exercise: HEAD & SPINE (15 hours)

DAY 1

- 7:30 Introduction, check in and continental breakfast (provided)
- 8:00 Review of Safety Fundamentals of DN
- 8:15 Movement Assessment with identification of preliminary spinal dry needling points
- 9:30 Discussion of the neurological model, homeostatic points and the relationship to the trigger point model with emphasis on the spine (Lecture and Lab)
- 10:30 Spinal DN anatomical key points,(Lecture and Lab)
- 12:00 Lunch (on your own)
- 1:00 DN referral points (trigger point model). Top tier spinal muscles that are commonly taut or tender. Peripheral, Central and Visceral Considerations. (Lecture and Lab)
- 4:30 Review of Relevant Literature
- 5:00 End



DAY 2

- 8:00 Review from Day 1
- 8:30 Faulty movement identification and manual therapy / corrective exercise options for the head/neck and cervical spine . Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 11:30 Faulty movement identification and manual therapy / corrective exercise options for thoracic spine. Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 12:30 Lunch (provided)
- 1:00 Faulty movement identification and manual therapy / corrective exercise options for the lumbar/ pelvic region. Integrating DN, manual therapy and corrective exercise (Lecture and Lab)
- 2:30 Review of Relevant Literature
- 3:00 Closing remarks, course evaluations
- 3:30 End

