

COURSE DATE: June 6-8, 2024

TITLE: Dry Needling 2 (DN-2): by Bond Institute of Advanced Therapies

DESCRIPTION: This course is designed for licensed healthcare professionals that treat musculoskeletal pain and dysfunction syndromes. DN-2 is the second half of 54 hours of classroom and lab training toward meeting most state requirements for dry needling training and certification. DN-1 is required prior to enrolling in DN-2. Each state has unique regulation regarding dry needling. Make sure you understand your state licensure and regulation to legally apply principles taught in these courses. The purpose of Dry Needling-2 with Bond Institute of Advanced therapies is to review DN-1 and then go beyond the basic structure and knowledge regarding the history, background, foundation and application of using solid needles in treatment of pain and neurologic syndromes taught in DN-1.

DN-2 with advance beyond basic principles and teach participants more difficult muscles to needle, neurologic needling and adjuncts to needling treatment (PENS and cupping). This is a 3-day, 27 hour, applied-learning course that combines lecture with extensive hands-on practical labs. Students will be expected to needle and receive needling to all course taught body areas. Students will be highly engaged in lab practice and expected to use time efficiently to keep up with the pace of the class. At the end of the class there will be a written exam and practical exam where students will be required to pass to be considered DN-2 level students.

Practical sessions intended to provide learning and instructor feedback about performance to ensure comprehension of critical application techniques. Practical time is intensive and full participation is required for all labs to gain the skills and competency needed to self-evaluate performance at the completion of the course. In addition students will achieve a level of proficiency in skills needed to diagnose and treat soft tissue pain, injury and dysfunction using solid, dry needles.

DN-1 is required prior to attending DN-2 or any specialty courses offered in dry needling by Bond Institute of Advanced Therapies. Upon completion of DN-1 students will be awarded the credential BN-1 (Bond Needling Level 1). After completing DN-2 students will be awarded the credential BN-2.

OUTCOMES:

- Identify similarities and differences between traditional acupuncture and dry needling
- Have a thorough understanding of needling more complex areas
- Understand safe advanced needling application
- Understand how dry needling fits into treatment procedures and protocol
- Properly insert needles with proper depth, angle, needle length and end point for advanced areas
- Understand needle end point / end feel
- Utilize different needle stimulation techniques performed
- Understand electrical stimulation and use with inserted dry needles
- Understand the differences between needling trigger points, symptomatic points, adjacent nerve points, fascial points, spinal levels
- Understand cupping and use with dry needling
- Understand precautions and contraindications of dry needling
- Understand and identify safe and unsafe needling zones
- Develop a POC including dry needling for case studies
- Safely perform dry needling to deep hip, lower extremity, shoulder, upper extremity, spinal and head and jaw musculature.
- Be able to select appropriate needle length and depth for muscles taught in this course.

- Pass a comprehensive written and practical test covering technique, anatomy, precautions, contraindications, innervations, muscle / area selection, trigger point identification, needling technique, treatment besides dry needling.

INSTRUCTOR: Mike Bond, MS, PT, CLT, CIDN has been a physical therapist since 1997. He graduated from University of the Pacific (UOP) and has a background in headache pain management, manual / manipulative therapy, soft tissue mobilization, deep tissue work, injury rehabilitation, myofascial release (MFR), cupping, electro therapies, and elastic taping in addition to many years' experience as a treating lymphedema therapist in a variety of settings. He is currently the director of therapy services for a cash based business serving predominantly athletes. In addition to treating patients, he supervises the work of numerous staff that have been trained in various manual therapy courses and lymphedema certification programs. Having a background as a therapist he has in-depth knowledge of the anatomy and physiology related to numerous disorders and how they can interact with and impact the painful, dysfunctional and edematous client. He also understands the perspective of many who attend this program due to his experience in a variety of practice settings from acute care to private practice. He is very active in treating, consulting, and teaching about soft tissue dysfunction, edema and lymphedema wherever and whenever he finds a place for it. He joined the staff at UWM in November 2012 teaching the Comprehensive Lymphedema and Venous Edema Management course, Lymphedema 2: The Next Level, Lymphedema 3, Manual Edema Mobilization, MFR, and Deep Tissue Injury Rehab Courses and Dry Needling. He is invested in this education due to both personal and professional reasons.

LEVEL: Intermediate

AUDIENCE: OTs, OTAs, PTs, PTAs

TIME ORDERED AGENDA:

DAY ONE

- 7:30 AM Registration Opens
- 8:00 AM Introduction to DN-2
- 8:20 AM Review Dry Needling evolution and effectiveness
- 9:40 AM Safety discussion
- 10:00 AM Break
- 10:15 AM LAB Trigger point theory / Surrounding the Dragon TCM concept
- 12:00 AM Lunch on own
- 1:00 PM Review of Needling precautions / contraindications
- 1:30 PM LAB Axillary nerve points and Deltoid muscle Needling
- 3:00 PM Break
- 3:15 PM LAB Radial nerve and muscle distribution points
- 5:00 PM LAB Pectoralis needling upper and lower
- 6:00 PM Adjourn

DAY TWO

- 8:00 AM LAB Trigger point needling Quadratus Lumborum, Latissimus
- 10:00 AM Break
- 10:15 AM LAB Musculocutaneous nerve distribution points / Brachial plexus points
- 12:30 PM Lunch on your own
- 1:30 PM LAB Median nerve distribution points / Ulnar nerve points

3:00 PM LAB Lumbo-sacral plexus points /
4:30 PM LAB Lumb-sacral plexus points
6:00 PM Adjourn

DAY THREE

8:00 AM LAB TMJ musculature
8:30 AM LAB: TMJ musculature
10:30 AM Break
10:45 PM LAB Cervical musculature
12:30 PM Lunch on your own
1:30 PM Q&A and wrap up
2:30 PM TEST Written test
3:15 PM Break
3:30 PM TEST Practical test
6:00 PM Adjourn

PRE-COURSE ASSIGNMENT:

Suggested Text / Readings:

1. Atlas of Surface Palpation: Anatomy of the Neck, Trunk, Upper and Lower Limbs 3rd Edition by Serge Tixa.
2. The Concise Book of Dry Needling: A Practitioner's Guide to Myofascial Trigger Point Applications by John Sharkey.
3. The Gunn Approach to the Treatment of Chronic Pain: Intramuscular Stimulation for Myofascial Pain of Radiculopathic Origin. C. Chan Gunn.
4. Trigger Point Dry Needling: An Evidenced and Clinical-Based Approach. Jan Dommerholt, Cesar Fernandez-de-las-Penas.

Required Text / Reading: Dry Needling for Manual Therapists: Points, Techniques and Treatments, including Electro-acupuncture and Advanced Tendon Techniques. Giles Gyer, Jimmy Michael, Ben Tolson

REQUIRED COURSE MATERIALS: Please bring 3 washable markers or dry erase markers. Wear lab close in layers to stay warm and covered during lectures and when treating, but loose enough with exposure to all body areas easily. Needles cannot be inserted through clothing so tights or leggings will not be acceptable lab attire. Sports bras should be simple design without a lot of intertwining straps as it is difficult to needle the spine, shoulder and pecs when they are worn.

Content Focus:

Domain of OT: Areas of Occupation

Occupational Therapy Process: Evaluation, Intervention, and scar management

Course #: 1010-16005

Price: \$665 by 05/06/2024; \$715 after 05/06/2024

CEU's / Clock Hours: 2.7 CEUs / 27 CE Contact Hours

LOCATION:

UWM School of Continuing Education
161 W. Wisconsin Ave., 7th Floor
Milwaukee, WI 53203