

**COURSE DATE:** September 19-21, 2024

**TITLE:** Dry Needling 1 (DN-1): by Bond Institute of Advanced Therapies

**DESCRIPTION:** This course is designed to be the first half of 52 hours of classroom training toward meeting most state requirements for dry needling training and certification. The purpose of Dry Needling-1 with Bond Institute of Advanced therapies is to introduce the basic structure and knowledge regarding the history, background, foundation and application of using solid needles in treatment of pain and neurologic syndromes. DN-1 will cover many aspects of dry needling including safety, basic needling skills, body application, theory, core competency and more. The course is a 3 day, 26 hour, applied-learning course that combines highly visual lectures and hands-on practical labs. Students will begin using needles on day 1 of the course and participate in several practical session 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. Subsequent specialty course attendance will offer specialty credentials added to the BN-2 designation (for example headache course completion BN-2h).

**OUTCOMES:**

- Identify similarities and differences between traditional acupuncture and dry needling
- Have a thorough understanding of basic dry needling application and practice
- Understand safe basic needling application
- Understand how dry needling fits into treatment procedures and protocol
- Properly insert needles with proper depth, angle, needle length and end point
- 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
- Describe general dry needling regulations
- Describe jump sign
- Understand precautions and contraindications of dry needling
- Understand and identify safe and unsafe needling zones
- Understand and describe how dry needling is a neuromodulator
- List side effects of dry needling
- Understand and recognize symptoms of pneumothorax
- Safely perform dry needling to basic hip, lower extremity, shoulder, upper extremity, spinal and head musculature.
- Be able to select appropriate needle length and depth for muscles taught in this course.
- Be able to document dry needling treatments
- 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, electrotherapies, 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: Introductory**

**AUDIENCE:** OTs, OTAs, PTs, PTAs

**TIME ORDERED AGENDA:**

**DAY ONE**

- 7:30 AM Registration Opens
- 8:00 AM Introduction
- 8:20 AM History / acupuncture / dry needling evolution
- 9:40 AM Safety discussion
- 10:00 AM Break
- 10:15 AM LAB Trigger point theory / identification / brief needling lab
- 12:00 AM Lunch on own
- 1:00 PM Needling precautions / contraindications
- 1:30 PM LAB Trigger Point needling upper extremity, head, neck
- 3:00 PM Break
- 3:15 PM LAB Trigger point needling trunk, lower extremity
- 5:00 PM LAB Needling latent trigger points and homeostatic point
- 6:00 PM Adjourn

**DAY TWO**

- 8:00 AM LAB Trigger point needling hip, thigh
- 10:00 AM Break
- 10:15 AM LAB Trigger point needling trunk
- 12:30 PM Lunch on your own
- 1:30 PM LAB Trigger point needling specific upper extremity, shoulder, abdominals
- 3:00 PM LAB Trigger point needling face and head
- 4:30 PM LAB Trigger point needling specific lower extremity
- 6:00 PM Adjourn

**DAY THREE**

- 8:00 AM Needling for performance enhancement
- 8:30 AM LAB: Trigger Point needling common conditions, Piston, twisting, piston, twitch response
- 10:30 AM Break
- 10:45 PM LAB E-stim, tenting
- 12:30 PM Lunch on your own
- 1:30 PM Documentation, clinic set up, ordering supplies, consent for dry needling
- 2:30 PM TEST Written test, practical 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 3<sup>rd</sup> 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. Please bring your own pillowcase, two bed sheets, and a towel.

**Content Focus:**

**Domain of OT:** Areas of Occupation

**Occupational Therapy Process:** Evaluation, Intervention, and scar management

**Course #:** 1010-16371

**Price** \$715 before 08/19/24; \$765 after 08/19/24

**CEUs / Clock Hours:** 2.6 CEUs (26 Clock Hours)

**LOCATION:**

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