



TRIGGER POINT DRY NEEDLING COURSES 2008
Applications for Pain Management and Sports Injuries
3 DAY WORKSHOP - An APA Accredited Course

Dear Practitioner,

Thank you for your enquiry into the courses titled "Trigger Point Dry Needling - Applications for Pain Management and Sports Injuries".

These courses have achieved Australian Physiotherapy Association accreditation. Continuing Education Points may also be obtained from professional bodies representing other Allied Health disciplines. Please contact your association for more information.

This information package includes the following:

- About the Speakers
- Dates, Venues and Participants
- Course Fees
- Course pre-requisites (read carefully)
- Learning Outcomes
- Frequently Asked Questions
- Registration Information

We hope this information addresses your needs, if you have any further questions, please feel free to contact the Course Coordinators: Jacinta Proc (Australia) at jacinta@sportsphysio.com.au or call directly on (613) 9583 5248. Or in the United States: Lesley Snow....

We hope to see you at one of our sessions.

Kind regards,

Edo Zylstra and Robert De Nardis

Presenters – Trigger Point Dry Needling Courses





ABOUT THE SPEAKERS:

Principal Presenter:

Edo Zylstra, PT, MS, IMSp

Relevant qualifications/experience:



Edo Zylstra received his degree in physical therapy from Regis University in Denver, Colorado, USA. He spent over four years working in a chronic pain clinic specialising in manual therapy utilising IMS/trigger point dry needling. He received his first certification for dry needling from The Institute for the Study and Treatment of Pain (iSTOP) in Vancouver, British Columbia. He then took a second training course through Pain and Rehabilitation in Bethesda, Maryland, where he learned Travell & Simons techniques for diagnosis and treatment of myofascial pain and trigger points. He currently co-owns and works in his clinic in Brighton, Colorado, USA.

Co-Presenter:

Robert De Nardis, B.App.Sc. (Physio), B.Sc.(Hons)

Relevant qualifications/experience:



Robert De Nardis is an experienced practicing Melbourne Physiotherapist who has an extensive background in two defined areas. Firstly, as the Director of Sandringham Sports Medicine, he has been involved with sporting athletes and teams at all levels. Secondly, as the Director of the Melbourne Whiplash Centre he has been actively engaged in Whiplash evaluation, treatment and research since 1998. He received certification for dry needling from The Institute for the Study and Treatment of Pain (iSTOP) in Vancouver, British Columbia and has extensively utilised IMS/trigger point dry needling in his Clinics in Melbourne, Australia. Robert's paper with Dr Jenny Keating published in the Journal of Whiplash and Related Disorders Vol 4 (1) 2005 reveals some of the best outcome results published for chronic neck pain. Robert is a recognised expert in the field of cervical spine rehabilitation, having served as a panel member of the International Whiplash Task Force.

DATES, VENUES & PARTICIPANTS:

Participants:

Participants in all courses work in pairs allowing the 2-3 instructors to work with and supervise no more than 6 groups each. A minimum of 14 participants are required for venues to proceed; numbers usually vary between 20 to 30 for our Level one courses and 20 for level two.

Dates/Venues/Course fees: Refer to the website (www.gemt.com or www.sportsphysio.com.au) for information relating to course venues and dates

Contact Hours:

The Level one course is run over 3 days and includes approximately 244 contact hours. ~~The level two is conducted over 2 days and involves approximately 18 contact hours. All courses are~~ fully catered, and every participant receives a ~~200-page~~ comprehensive and fully illustrated course manual, a needle starter pack (~~level one~~), and CPD points apply ~~for all courses~~.



COURSE PREREQUISITES:

- These courses are ideally suited to therapists with a strong manual background in their learning and treatment approach.
- It is recommended for graduates of: Physiotherapy, Osteopathy, Chiropractors and Physicians who specialise in manual therapy.
- **It is imperative that participants have a minimum of 2 years clinical experience as a manual therapist, and submit a resume detailing significant evidence of continuing education in manually based coursework.**

LEARNING OUTCOMES:

NB: There is a strong emphasis on Anatomy in these courses. Course participants will be provided with muscle charts and reading material prior to the course to assist with guiding their anatomy revision and knowledge.

At the completion of this course, participants should be able to:

1. Define trigger points, motor banding and neurological presentations of neuromuscular dysfunction.
2. Safely apply Dry Needling techniques for orthopaedic and neuromuscular conditions.
3. Define indications and contraindications for treatment.
4. Identify specific treatment rationales for various diagnoses.
5. Understand the research supporting the use of Dry Needling in clinical practice.
6. Apply Dry Needling techniques to common sporting injuries.
7. Have a greater understanding of how to accurately evaluate and treat common myofascial disorders of the cervical and lumbar spines, upper and lower extremities including posterior hip/gluteal region.
- 7.8. The Level two course will provide participants with the knowledge to needle areas such as: TMJ/face, hand, feet, Thoracic spine

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FREQUENTLY ASKED QUESTIONS:

What qualifications do I need to do this course and what previous experiences are essential?

~~This course is a Level I course and prior knowledge of Dry Needling is not essential for successful completion. Prior knowledge or experience of Dry Needling is not essential for successful completion of the Level one course.~~ However, having completed the basic courses previously available in ~~Australia~~ your territory will be of benefit.

~~These~~ is ~~are~~ are ideal for graduates of schools of Physiotherapy, Osteopathy and Chiropractic. This course is also ideal for practitioners who have experience in the evaluation and treatment of acute and chronic pain disorders as well as those clinicians who are seeking alternative, immediate and effective treatment options for the athletic population.

Is this course accredited by the Australian Physiotherapy Association (APA)? What is the significance of accreditation?

~~This course~~ These courses have ~~has~~ been approved and accredited by the APA. This means the course contents and objectives have been scrutinised by the APA accreditation panel and they have endorsed its content and learning objectives. It means that Physiotherapists planning to participate in this course will be certified to perform Dry Needling techniques on their patients immediately following the 3 day workshop. Physiotherapists will receive a total of 52 CPD points for the Level one course and approximately 34 CPD points for the level two course. ~~Members of o~~Other professions will ~~be able to apply for a minimum 24 contact hours of accredited points with their association.~~ need to check with their association to ascertain applicable CPD points.

How does dry needling differ from Acupuncture?

Dry Needling is NOT Acupuncture and participants successfully completing ~~any either~~ course in Dry Needling will not be able to perform acupuncture nor will they be able to call themselves Acupuncturists. To be able to administer Acupuncture requires extensive training in the philosophies and theories of Traditional Chinese Acupuncture techniques.

Dry Needling requires a thorough clinical examination leading to a diagnosis of the patient's condition. Needle insertion is indicated by the patient's physical signs and knowledge of the relevant anatomy is essential. Prompt subjective and objective effects are usually experienced.

This is not necessarily true of acupuncture where a thorough musculo-skeletal examination, detailed anatomy and the actual diagnosis may not be as relevant when applying traditional Acupuncture. No immediate objective change is necessarily anticipated.

Dry needling is an effective treatment for chronic pain of neuropathic origin, with very few side effects. It is a technique that is unequalled in finding and eliminating muscle shortening in deep muscles leading to pain and dysfunction. Although Dry Needling uses implements adapted from traditional Acupuncture, it is based on scientific, neurophysiological principles. The needle used is very thin and most subjects do not even feel it penetrate the skin. If your muscle is normal, the needle is painless. However if the muscle is sensitive and shortened or has active trigger points within it, the subject will feel a sensation like a muscle cramp - 'the twitch response'. This is a distinctive type of discomfort caused by the muscle grasping the needle. Patients soon learn to recognise and even welcome this sensation as it results in deactivating the trigger point, restoring normal length in the muscle and normal function, resulting in a significant reduction in the patients pain.

What conditions can I treat after I complete these courses?

Level 1 participants successfully completing the Level one and two courses will be able to treat pain and dysfunction originating from myofascial active trigger points that can lead to conditions such as; tendonopathies, tendonitis, tendonosis, movement impairments and other orthopaedic conditions of the following areas:

- Cervical spine
- Thoracic spine
- Lumbar spine
- Hip
- Thigh
- Knee
- Lower leg
- Shoulder
- Elbow
- Forearm
- Hand
- Feet
- TMJ

The most common cause of nerve irritation and neuropathic pain is underlying spinal spondylosis (i.e. degeneration of the spine), which can be a result of normal wear and tear. Spondylosis irritates the nerve root and leads to neuropathy and muscle shortening. This process leads to pain and dysfunction in many common acute and chronic conditions that practitioners see in every day practice. The intuitive introduction of a dry needle into the active trigger sites of these muscles can provide enormous relief of symptoms.

Dry Needling ~~may can~~ also be used for acute and chronic sporting injuries such as:

- Muscular haematomas
- Muscle tears
- Compartment syndrome
- Medial tibial stress syndrome (shin splints)
- Rotator cuff injuries
- Tennis/golfers elbow

The application of Dry Needling techniques for the above conditions will be demonstrated during the course.

Dry Needling can also be used for spinal conditions where the underlying pathology may have triggered a movement disorder. This can result in the presence of reduced ROM or pain due to abnormal muscle tone or spasms. Such conditions include:

- Piriformis syndrome
- Cervico-genic headaches
- Sciatica
- Hamstring issues

Common ~~l~~ lower extremity conditions treated with Dry Needling include:

- Knee pain



- Patellar Femoral Syndrome
- Patellar tendonitis
- Hamstring Strain
- Groin Strain
- Shin-splints; Compartment Syndrome
- Achilles tendon ~~opathies~~^{itis}

Common Upper extremity conditions treated with Dry Needling include:

- Thoracic Outlet Syndrome
- Carpal Tunnel Syndrome
- Lateral Epicondylitis (tennis elbow)
- Medial Epicondylitis (golfers elbow)
- Impingement syndromes

What else do I get for my enrolment fee?

All course participants will be provided with an extensive illustrated course manual (~~over 200 pages~~) describing and depicting all the theory and course material covered during the 2 or 3 day workshops. All participants will also take away a **starter pack** (level one) inclusive of a 'sharps container' and quality Sensei needles allowing you to effectively administer Dry Needling in your practice immediately following the completion of the course.

You will also be provided with pre-reading material to prepare you for ~~the~~^{is} course.

Will I be fed?

You certainly will! GEMT courses boast having the best cuisine available for its course participants. Healthy food for a healthy mind!

How will my acquired knowledge be tested?

~~On day three of the course there is~~^{Level one participants will enjoy} a (non-intimidating) theory test to sit as well as the expectation of clinical competencies. Your clinical skills will be evaluated throughout the duration of ~~the both~~^{courses}.

~~Is there a Level Two Course?~~

~~Yes there is. The first level Two course offered in Australia will be in November 2008. Details of which are explained during the level one courses. We are also planning a level two course in Hawaii in early 2009~~

What do I do now?

To register for one of the Trigger Point Dry Needling Courses, please complete an Application Form and return via post or fax to Jacinta Proc at ~~Sandringham Sports Medicine Centre~~^{Global Education of Manual Therpaists (AUS)}. Alternatively, you may register online at www.sportsphysio.com.au. ~~For applicants wishing to enrol in the US please contact: Lesley snow on~~

Are there references to support these claims of the effectiveness of Dry Needling?

Yes. Our Trigger Point Dry Needling Courses are based on the following references:

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