

UDRUGA ZA PROMICANJE SPORTSKO-
REKREATIVNIH I EDUKATIVNIH SADRŽAJA **INITIUM**

ULICA IVANE BRLIĆ MAŽURANIĆ 9, Zagreb
OIB: 80632189436

www.initiumeducation.com /
info@initiumeducation.com

+ 385 95 3949 854



DRY NEEDLING LEVEL 1

DAY 1 (9.00-17.00)

THEORY

09.00-09.15h: History of Dry Needling (DN)

09.15-09.30h: Acupuncture vs. DN

09.30-09.45h: Munich Consensus Statement – muscle dysfunction, injury

09.45-10.00h: Physiologic effects of DN

10.00-10.15h: Should it be the only treatment? What works well with DN

10.15-10.30h: Needle types and needle choices

10.30-11.00h: Superficial Dry Needling (SDN) vs. Deep Dry Needling (DDN). Needle manipulations;

BREAK

11.15-11.30h: Proper dose

11.30-11.45h: Clean and safe needling techniques. PEP Protocol

11.45-12.00h: Indications; No go areas, contraindications

12.00-12.15h: Adverse events

12.15-12.20h: Written Consent form

12.20-12.30h: Needle handling: proper tap and safe way to use it; How to release a stucked needle

PRACTICE

12.30-13.00h: Lower Limb palpation anatomy;

13.30-14.00h: muscle palpation, flat and pincer grip palpation;

14.00-14.15h: SDN vs. DDN on ITB and Vastus Lateralis;

14.15-14.30h: Needle manipulation;

14.30-15.00h: Quadriceps

15.00-15.15h: TFL

15.15-15.30h: DN in PFPS, jumpers Knee and ITBS

15.30-16.00h: Calf – gastroc and soleus

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16.00-16.30h: Hamstrings

16.30-17.00h: Lateral compartment – Peroneals and anterior compartment – tibialis anterior

DAY 2 9.00-17.00

09.00-09.10h: LBP – red flags, nerve root related problems and NSLBP

09.10-09.30h: Pelvis and lumbar spine palpation anatomy

09.30-09.45h: Gluteus maximus/medius/minimus

09.45-10.00h: Multifidus and erector spinae

10.00-10.10h: Upper quadrant palpation anatomy. No go areas; DN:

10.10-10.20h: Trapezius descending

10.20-11.00h: Posterior neck, muscles below C2

11.00-11.30h: Rhomboids and ascending trapezius

BREAK

12.00-10.00h: Thoracic spine

12.30-13.00h: Upper limb: palpation anatomy. No go areas; :

13.00-13.30h: DN in Rotator Cuff Related Shoulder Pain (RCRSP)

13.30-14.00h: Infraspinatus

14.00-14.30h: Supraspinatus

14.30-15.00h: Deltoid

15.00-15.30h: Teres minor/major and latissimus dorsi

15.30-16.00h: Triceps

16.00-16.30h: Biceps

16.30-17.00h: Brachialis

DAY 3 9.00-14.30

09.00-09.10h Tennis/golfer's elbow

09.10-09.30h Upper limb: forearm palpation anatomy. No go areas;

09.30-09.45h: Brachioradialis

09.45-10.00h: Wrist extensors

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10.00-10.10h: Anconeus
10.10-10.20h: Lateral epicondyle SDN
10.20-11.00h: Wrist flexors
11.00-12.30h: Medial epicondyle SDN

BREAK

13.00-13.15h: Thenar eminence muscles:
13.15-13.30h: Opponens pollicis
13.30-13.45h: Abductor pollicis brevis
13.45-14.00h: Flexor pollicis brevis
14.00-14.30h: Adductor pollicis

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