

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 2

DAY 1 (9.00-17.00)

THEORY

- 09.00-09.15h:** Short recap of muscles from basic course;
- 09.15-09.30h:** Muscles above C2 – semispinalis capitis and splenius capitis
- 09.30-09.45h:** Muscle insertions on the skull
- 09.45-10.00h:** Head and face palpation anatomy; DN: TMJ
- 10.00-10.15h:** Temporalis
- 10.15-10.30h:** Masseter
- 10.30-11.00h:** Medial pterygoid muscle

BREAK

- 11.15-11.30h:** Lateral Pterygoid – SDN vs DDN
- 11.30-11.45h:** Sinus like pain/pressure
- 11.45-12.00h:** SCM
- 12.00-12.15h:** Corrugator supercilii muscle
- 12.15-12.20h:** Procerus muscle
- 12.20-12.30h:** Frontalis

- 12.30-13.00h:** Zygomatic muscle
- 13.30-14.00h:** Neck and Trunk:
- 14.00-14.15h:** Scalene muscles, Pec minor – TOS
- 14.15-14.30h:** Levator scapulae – Joker muscle
- 14.30-15.00h:** Subscapularis – axillary approach and posterior approach
- 15.00-15.15h:** Abdominal muscles
- 15.15-15.30h:** QL – Joker muscle for LBP
- 15.30-16.00h:** Iliopsoas
- 16.00-17.00h:** Piriformis

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

ULICA IVANE BRLIĆ MAŽURANIĆ 9, Zagreb

OIB: 80632189436

IBAN: HR1323600001102928063 / SWIFT: ZABHR2X

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



DAY 2 9.00-17.00

09.00-09.10h: IMES – intramuscular electrical stimulation IMES vs Electroacupuncture vs NMP

09.10-09.30h: IMES for LBP

09.30-09.45h: IMES for Neck Pain

09.45-10.00h: IMES for hamstring and calfs

10.00-10.10h: Pronator and supinator syndrome:

10.10-10.20h: Pronator teres

10.20-11.00h: Supinator

11.00-11.30h: Lower limb

BREAK

12.00-10.00h: Adductors – pectineus, longus, brevis, magnus and gracilis

12.30-13.00h: Sartorius

13.00-13.30h: Popliteus

13.30-14.00h: Foot

14.00-14.30h: Abductor hallucis muscle

14.30-15.00h: Abductor digiti minimi muscle

15.00-16.00h: Flexor hallucis brevis muscle

16.00-17.00h: Adductor hallucis muscle

DAY 3 9.00-14.30

09.00-09.10h: Tendinopathy Continuum model;

09.10-09.30h: Passive treatments vs active – mechanotherapy

09.30-09.45h: Training: TNT, HSR, eccentric etc.

09.45-10.00h: Percutaneous Electrolisis (PNE)

10.00-10.10h: DN in Tendinopathy:

10.10-10.20h: Extensor radialis brevis origin – tennis elbow

10.20-11.00h: Common flexors origin – golfers elbow

11.00-11.15h: Achilles – DDN midportion and insertion

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

ULICA IVANE BRLIĆ MAŽURANIĆ 9, Zagreb

OIB: 80632189436

IBAN: HR1323600001102928063 / SWIFT: ZABHR2X

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



BREAK

11.45-12.00h: PHP – plantar fascia DDN and Flexor digitorum brevis muscle/Quadratus plantaris muscle

12.00-12.15h: Patellar tendon – Jumper’s knee DDN

12.15-12.30h: Hamstring origin – DDN

12.30-12.45h: GTPS – tendinopathy vs bursa

12.45-13.00h: Shin Splints Dn Protocol – periosteum and tibial posterior

13.00-13.15h: Carpal Tunnel Syndrome

13.15-13.45h: Scar Tissue DN

13.45-14.30h: Basics of Distal Accupuncture – stimulation points for Morton’s neuroma, LBP – Lumbar Combo, neck pain – Cervical Combo, Osgood Schlatter, deQuervain etc.

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

ULICA IVANE BRLIĆ MAŽURANIĆ 9, Zagreb

OIB: 80632189436

IBAN: HR1323600001102928063 / SWIFT: ZABHR2X