



FUNCTIONAL INTEGRATED NEEDLING FOR **SPORTS INJURY MANAGEMENT**

Register now at: www.DryNeedling.ca

Presented by: Dr. Mark Scappaticci



WHY THIS TRAINING PROGRAM?

Dr. Scappaticci, founder of The FIT Institute, has developed a unique and highly effective sports injury management system using dry needling called Functional Integrated Needling for Sports Injury Management. Built on his clinical experience managing sports injuries for professional and Olympic athletes, Functional Integrated Needling for Sports Injury Management integrates the best of various dry needling modalities with key lessons and insights derived from Dr. Scappaticci's 20+ years of clinical practice. The FIN Sports Injury Management program addresses integrated dry needling and soft tissue treatment techniques and includes a review of Functional Biomechanics. The program is designed for participants with prior needling experience or who have completed the FIN Pain Management program.

WHAT IS DRY NEEDLING AND WHAT ARE THE POTENTIAL BENEFITS?

Dry needling, also known as intramuscular therapy, is the use of solid filiform needles for the treatment of musculo-skeletal pain and soft tissue dysfunction. The insertion of needles into specific targets helps to increase local blood flow to tissue and relax muscle tension. Dry needling can also stimulate endorphin release, the body's natural pain relieving chemical. Dry needling is a very effective modality in treating a variety of painful disorders, both acute and chronic.



The purpose of the Functional Integrated Needling - Sports Injury Management program is to develop the knowledge and clinical skills required to accurately assess and effectively treat common sports injuries and to optimize athletic performance. The dry needling approach taught in this program has been built upon by Dr. Scappaticci's extensive clinical experience in managing sports injuries for NHL, NFL, NBA, MLB, and international Olympic athletes.

FORMAT

This 25 hour, intensive session emphasizes practical learning with extensive, hands-on lab sessions along with thorough and highly memorable explanations of the underlying theory and key principles of why and how functional integrated needling works, the body's physiological response and the root causes of sports injuries.



After taking this session, participants will be able to immediately integrate Functional Integrated Needling techniques into their clinical practice and will be able to:

- Determine underlying root causes of sports injuries, including common but often misdiagnosed sports injuries
- Understand the interplay of nerves, structure and soft tissues and normal and abnormal movements patterns
- Understand how Functional Integrated Needling works
- Safely and painlessly insert needles using specialized Functional Integrated Needling insertion techniques
- Be able to apply Functional Integrated Needling in the required pattern, matched with and specific to each type of injury in order to successfully treat sports injuries and to optimize athletic performance



ABOUT DR. MARK SCAPPATICCI

Dr. Scappaticci, DC, BSc (Hons), DAp, FRCCSS(c), CKTI is the originator of Functional Integrated Therapy an innovative and highly successful approach used to manage injuries and enhance athletic performance. He manages recovery and performance optimization for top professional and amateur athletes from around the world.

The list of athletes he has treated includes top performers from players in the National Hockey League, the Major League Baseball, the National Football League, the National Basketball Association, the Canadian Football League as well as Olympic and World Championship track and field athletes. Dr. Scappaticci is a doctor of Chiropractic with a fellowship in Chiropractic Sports Sciences, a Lead instructor of Active Release Techniques, director of the Functional Integrated Needling program, past certified Kinesio Taping Instructor, as well as being the inventor of the Fascial Abrasion Technique Tool.

COURSE OUTLINE

Introduction

- Overview of Functional Integrated Needling System
- Principles of soft tissue injury

Functional Assessment

- Review of seven functional tests and patient evaluation

Safety Issues and Needling Etiquette

- Overview of most common safety issues and relation to prevention and clinical practices
- Contraindications

Needling Techniques: Practice

- Techniques including left hand techniques
- Manipulation
- Selection of needle length

Review and Practice of Seven Specialized Dry Needling Techniques

- Practice lab - surface anatomy palpation

Lecture and Practical Lab in Needling Techniques For:

- | | |
|--|--|
| <ul style="list-style-type: none">• Pathomechanics of:<ul style="list-style-type: none">• shoulder girdle dysfunction• cervical spine and TMJ• elbow• low back and SI joint• posterior hip• knee ankle• foot | <ul style="list-style-type: none">• Practice labs for:<ul style="list-style-type: none">• adhesive capsulitis of the shoulder• concussion• epicondylitis• SI joint• posterior hip• groin injuries• PFS |
|--|--|

Review and Learner Testing/Final Examination

CONTINUING EDUCATION CREDITS*

Chiropractors

Continuing education credit (CE) is provided by New York Chiropractic College (NYCC)**

Physiotherapists/Physiotherapist Assistants

This course has been approved by the Texas Physical Therapy Examiners as meeting continuing competence requirements for PTs and PTAs

Massage Therapists

This course has been approved by the Quality Assurance Program (QAP) of the College of Massage Therapists of Ontario for 12.5 Continuing Education Units

Disclaimers:

* Please note it is your responsibility to check with your licensing board to make sure you can use the techniques presented in this seminar.

** License Renewal: While applications relating to credit hours for license renewal in selected states have been executed for these programs, it remains attendees' responsibility to contact the state board(s) from whom they seek continuing education credits for purposes of ensuring said board(s) approve both venue and content as they relate to any seminar/course/lecture/webinar/online presentation (event). Neither a speaker's or exhibitor's presence at said event, nor product mention or display, shall in any way constitute NYCC endorsement. NYCC's role is strictly limited to processing, submitting, and archiving program documents on behalf of course sponsors.

