

# FUNCTIONAL INTEGRATED NEEDLING FOR **SPORTS INJURIES**

## 3 DAY INTENSIVE WORKSHOP

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TOPIC AND LEARNING ACTIVITY	TIME
<b>INTRODUCTION</b> <ul style="list-style-type: none"><li>• Program purpose, expectations,</li><li>• Overview of functional dry needling system</li><li>• Principles of soft tissue injury</li></ul>	<b>2 HOURS</b>
<b>FUNCTIONAL ASSESSMENT</b> <ul style="list-style-type: none"><li>• Review of seven functional tests and patient evaluation</li></ul>	<b>2 HOURS</b>
<b>SAFETY ISSUES AND NEEDLING ETIQUETTE</b> <ul style="list-style-type: none"><li>• Overview of most common safety issues and relation to prevention and clinical practices</li><li>• Contraindications</li></ul>	<b>2 HOURS</b>
<b>NEEDLING TECHNIQUES: PRACTICE</b> <ul style="list-style-type: none"><li>• Techniques including left hand techniques</li><li>• Manipulation</li><li>• Selection of needle length</li></ul>	<b>1 HOUR</b>
<b>REVIEW AND PRACTICE OF SEVEN SPECIALIZED DRY NEEDLING TECHNIQUES</b> <ul style="list-style-type: none"><li>• Practice lab – surface anatomy palpation</li></ul>	<b>3 HOURS</b>
<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b> <ul style="list-style-type: none"><li>• Pathomechanics of shoulder girdle dysfunction</li><li>• Practice lab for adhesive capsulitis of the shoulder</li><li>• Soft tissue treatment</li></ul>	<b>1.5 HOURS</b>
<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b> <ul style="list-style-type: none"><li>• Pathomechanics of cervical spine and TMJ</li><li>• Practice lab for concussion</li><li>• Soft tissue treatment</li></ul>	<b>1.5 HOURS</b>
<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b> <ul style="list-style-type: none"><li>• Pathomechanics of elbow</li><li>• Practice lab for epicondylitis</li><li>• Soft tissue treatment</li></ul>	<b>1.5 HOURS</b>
<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b> <ul style="list-style-type: none"><li>• Pathomechanics of low back and SI joint</li><li>• Practice lab for SI joint</li><li>• Soft tissue treatment</li></ul>	<b>1.5 HOURS</b>
<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b> <ul style="list-style-type: none"><li>• Pathomechanics of posterior hip</li><li>• Practice lab for posterior hip</li></ul>	<b>1.25 HOURS</b>

<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b>	<b>1.5 HOURS</b>
<ul style="list-style-type: none"> <li>• Pathomechanics of anterior hip</li> <li>• Practice lab for groin injuries</li> <li>• Soft tissue treatment</li> </ul>	
<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b>	<b>1.5 HOURS</b>
<ul style="list-style-type: none"> <li>• Pathomechanics of knee</li> <li>• Practice lab for PFS</li> <li>• Soft tissue treatment</li> </ul>	
<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b>	<b>1.5 HOURS</b>
<ul style="list-style-type: none"> <li>• Pathomechanics of ankle</li> <li>• Practice lab for Achilles tendonitis</li> <li>• Soft tissue treatment</li> </ul>	
<b>LECTURE AND PRACTICAL LAB IN NEEDLING TECHNIQUES FOR:</b>	<b>1.5 HOURS</b>
<ul style="list-style-type: none"> <li>• Pathomechanics of foot</li> <li>• Practice lab for plantar fasciitis</li> <li>• Soft tissue treatment</li> </ul>	
<b>COURSE REVIEW AND LEARNER TESTING/FINAL EXAMINATION (THEORY AND PRACTICAL)</b>	<b>1 HOUR</b>

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**CONTACT US**  
 INFO@DRYNEEDLINGCOURSE.CA  
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PLEASE FEEL FREE TO CONTACT US IF YOU HAVE ANY QUESTIONS REGARDING PERQUISITE REQUIREMENTS, COURSE SUITABILITY, OTHER QUESTIONS, OR IF YOU'RE INTERESTED IN A TAILOR-DELIVERED COURSE FOR YOUR TEAM OR CLINIC.