



Dry Needling Course Schedule

Direct by: Mehrdad bahramian

Level1

1st Day

Time Schedule	Class Schedule
8:30 – 8:45	Greeting by Instructor or Host
8:45 – 9:00	Students introduce themselves
9:00 – 11:00	Theoretical Concept of DN
11:00 – 11:15	Coffee break
11:15 – 13:00	Theoretical Concept of DN (Cont.)
13:00 – 14:00	Lunch break
14:00 – 17:00	Indication & contraindication of DN and Literature Review- Students questions.

2nd Day

Time Schedule	Class Schedule
8:30 – 9	Review of first day material and Answer to Students` questions.
9 – 10:45	Practical practice of all shoulder Girdle muscle & Functional Anatomy and Bio-mechanic of Muscles.
10:45 – 11:15	Coffee break
11:15 – 13:00	Trapezius/ Infra and Supraspinatus/ Levator scapula and Rhomboid muscles DN.
13:00 – 14:00	Lunch break
14:00 – 16:30	Deltoid, Teres Major & Minor/ Biceps, Triceps, Brachialis, Coraco brachialis Muscles.
15:30 – 16:30	Elbow functional anatomy + DN indication (Tennis elbow , ...)
16:30 – 17	Answer to questions

3rd Day

Time Schedule	Class Schedule
8:30 – 9:00	Review of previous days
9:00 – 10:45	Supinator, Anconeus, Forearm Extensor Muscles DN.
10:45 – 11:15	Coffee break
11:15 – 13:00	Flexor Muscles and APL, EPB, EPL
13:00 – 14:00	Lunch break
14:00 – 16:30	Forearm Flexors and Wrist and Hand Functional Anatomy. Hand muscles (Thenar & Hypothenar, and interosseous) DN.
16:30 – 17:00	Answer to questions and more DN practice.

Level2

4th Day

Time Schedule	Class Schedule
8:30 – 9:00	Review of previous days
9:00 – 10:45	Pelvic Girdle surface anatomy & Bio mechanic & Gluteals DN.
10:45 – 11:15	Coffee break
11:15 – 12:30	Hip region Functional Anatomy, TFL and Femoral triangle DN.
13:00 – 14:00	Lunch break
14:00 – 16:30	Hip Ext Rotators and Hamstring Group DN.
16:30 – 17:00	Answer to questions and more DN practice

5th Day

Time Schedule	Class Schedule
8:30 – 9:00	Review of previous days
9:00 – 10:45	Hip Adductors and Quadriceps group muscles DN.
10:45 – 11:15	Coffee break
11:15 – 13:00	Knee Bio mechanic review and Orthopedic tests, DN application in Knee and Ankle.
13:00 – 14:00	Lunch break
14:00 – 15:30	Leg anatomy & DN practice of leg muscles.
15:30 – 16:30	Foot anatomy & DN practice of foot muscles.
16:30 – 17:00	Answer to Student questions and more DN practice.

6th Day

Time Schedule	Class Schedule
8:30 – 9:00	Review of previous days
9:00 – 10:45	Lumbar palpation & anatomy – LBP Sources and DN indications.
10:45 – 11:15	Coffee break
11:15 – 13:00	Lumbar & abdominal muscles DN & practice(lumbar paravertebral, QL, Iliacus, Psoas major, Rectus abdominis, and Obliques).
13:00 – 14:00	Lunch break
13:30 – 15:30	Trunk muscle anatomy & DN practice(Pec major & minor, Subscapularis, Latissimus dorsi, lower trap, Subclavius..)
15:30 – 16:30	Rib technique DN and practice.
16:30 – 17:00	Answer to Student questions and more DN practice.

Level3

7th Day

Time Schedule	Class Schedule
8:30 – 9	Review of previous days and answer the questions.
9 -10:45	Leg anatomy & DN practice of leg muscles.
10:45 – 11:15	Coffee break
11:15 – 12: 30	SCM, scalene, Longus Colli DN.
12:30 – 13:30	Lunch break
13:30 – 15:30	Suprahyoid, Sub occipital - Neck muscles anatomy & DN practice
15:30 – 16:30	TMJ anatomy & Bio mechanic and role of DN on TMD treatment.
16:30 – 17:00	Answer to student question

8th Day

Time Schedule	Class Schedule
8:30 – 9:30	Review of previous days and answer the questions.
9:30 – 10:30	Masseter, Med & Lat. Pterygoid and Temporalis muscles DN.
10:30 – 11	Coffee break
11 – 12:30	Frontalis, Corrugator supercilii, and procerus muscles DN.
12:30 – 13:30	Lunch break
13:30 – 14:30	Face & Skull muscle anatomy & DN practice
14:30 – 17	Review of all sessions and answers questions

9th Day

Time Schedule	Class Schedule
8:30 – 11:30	Theoretical Exams (For certification)
11:30 – 12:30	Coffee and Lunch break.
12:30 – 14:30	Part 1: Practical exam for surface anatomy and superficial muscles DN.
14:30 – 16:30	Part 2: Deep muscles and decision making for treatment based on given scenario.
16:30 – 17:00	Temporary certificate issuance.