**Dry Needling Certification Course**

**Duration**: 4 weeks (3 days/week, ~1-2 hours/day)  
**Objective**: Equip participants with knowledge, techniques, and safety standards to perform dry needling effectively and confidently.

**Week 1: Foundations of Dry Needling**

**Session 1: Introduction & Neuro-Myofascial Systems Overview**

* Course overview and objectives
* Overview of the nervous system and its relationship to dry needling
* Myofascial pain syndromes and trigger points
* Techniques to identify active vs. latent trigger points
* Hands-on trigger point identification

**Session 2: Basics of Dry Needling**

* **History and Evolution** of Dry Needling
* **Physiological Effects** of Dry Needling on the body
* Indications and contraindications

**Session 3: Needling Techniques & Safety**

* Patient communication and consent
* Needle types, handling, and disposal
* Introduction to needling depths, angles, and insertion techniques
* Safety protocols: Handling needles, hygiene, and infection control
* Weekend Quiz-1

**Week 2: Needling Techniques (Lower Body & Spine)**

**Session 4: Dry Needling (Lower Body- Part I)**

* Musculoskeletal and neuroanatomy review: Lower body focus
* Palpation & Needling techniques for:
  + Gluteal muscles
  + Hamstrings
  + Quadriceps
  + Adductor Group
* Clinical Dry Needling Technique for:
  + Gluteal Tendinopathy
  + Gluteus Medius MTrP
  + IT Band Friction injury
  + Hamstring Strain
  + Rectus Femoris Trauma
  + Adductor Strain

**Session 5: Dry Needling (Lower Body- Part II)**

* Musculoskeletal and neuroanatomy review: Lower body focus
* Palpation & Needling techniques for:
  + Gastrocnemius & Soleus
  + Peroneous Muscles
  + Tibialis Anterior
  + Muscles of Foot
* Clinical Dry Needling Technique for:
  + Popliteus Tendinopathy
  + Knee Ligament Sprains
  + Calf Muscles Injury
  + Ankle Sprain
  + Plantar Fascitis

**Session 6: Needling Techniques for Cervical, Thoracic & Lumbar Regions**

* Palpation & Needling techniques for:
  + Sterno Cleido Mastoid (SCM)
  + Scaleni Muscles
  + Paraspinal Muscles
  + Quadratus Lumborum
  + Latisimus Dorsi
* Clinical Dry Needling Technique for:
  + Cervical Radiculopathy
  + Back Spasm
  + Quadratus Lumborum Strain
  + Torticolis
* Weekend Quiz-2

**Weekend Hands-on Training-I (Sunday- 8-9hrs)**

**Week 3: Needling Techniques (Upper Body, Head & Neck)**

**Session 7: Dry Needling (Upper Body- Part I)**

* Musculoskeletal and neuroanatomy review: Lower body focus
* Palpation & Needling techniques for:
  + Trapezius Muscle
  + Rhomboids
  + Rotator Cuff Muscle
* Clinical Dry Needling Technique for:
  + Trapizitis
  + Rhomboids Strain
  + Rotator Cuff Strain

**Session 8: Dry Needling (Upper Body- Part II)**

* Musculoskeletal and neuroanatomy review: Lower body focus
* Palpation & Needling techniques for:
  + Bicep Brachii
  + Tricep Brachii
  + Elbow Extensor Group
  + Elbow Flexor Group
  + Hand Muscles
* Clinical Dry Needling Technique for:
  + Bicipital Tendinopathy
  + Tricep Tendinitis
  + Tennis Elbow
  + Golfer’s Elbow
  + Wrist Sprain
  + Carpal Tunnel Syndrome

**Session 9: Dry Needling (Head & Face)**

* Musculoskeletal and neuroanatomy review: Lower body focus
* Palpation & Needling techniques for:
  + Frontalis
  + Masseter
  + Temporalis
  + Sub-Occipital Muscle Group
* Clinical Dry Needling Technique for:
  + Cervicogenic Headache
  + Migrain
  + TMJ Dysfunction
* Weekend Quiz-3

**Weekend Hands-on Training-II (Sunday- 8-9hrs)**

**Week 4: Case Studies, Integration & Post Needling Approach**

**Session 10: Introduction to Elctroneedling & Other Adjunct Techniques**

* Electroneedling: Do’s & Don’ts
* Combining dry needling with other modalities (e.g., manual therapy, cupping)
* Post-needling stretching techniques

**Session 11: Post Needling Rehabilitation Approach**

* Immediate Rehab post Needling
* Treatment Approach Post Needling
* Exercise Prescription Post Needling

**Session 12: Patient Case Studies**

* Analyze and discuss patient scenarios
* Develop needling strategies for specific conditions
* Weekend Quiz-4

**Week 5: Assessment & Certification**

**Session 13: Certification Exam**

* **Practical Exam**: Perform needling techniques on selected muscle groups (Pre-recorded Video Submission followed)
* **Online Written Exam**: Covering Complete Syllabus

**Certification Process:**

**Assessment:**

* Online Weekend Quiz will carry 10 MCQs carrying one marks each. Time limit will be 20minutes. A fixed time of the test will be notified two days prior to the test.
* Online Written Exam will carry 10 MCQs and 3 short answer type questions of 5 marks each. Exam form will be shared in which you have to attend the paper. Time limit will be 60minutes. A fixed time of the test will be notified two days prior to the test.
* Practical Exam: 4 pre-recorded videos of Practical demonstration of dry needling techniques of different conditions need to be shared on or before the last date of Submission. The date of submission will be notified in the last lecture session.

**Certification:**

* Online Weekend Quiz Score carries **10%** weightage each, online written exam carries **25%** weightage and Practical exam carries **35%** weightage.

e.g.: week 1 score: 6/10, week 2 score: 8/10, week 3 score: 5/10, week 4 score:9/10, written exam score: 20/25, practical exam score: 30/35. Hence,

**Total Score: 6+8+5+9+20+30=78/100**

* Certification award upon passing with at least 50% score. Certificate will be Sent to your Address within 15 Days of Course Completion. For International Students only Softcopy of the Certificate will be provided.