



DGSA Top 30 DN course Dry Needling

Date, Place

Instructor, PT, DGSA Instructor

Course Program

Day 1 – topics

- **Introduction**
- **Basics of Dry Needling:**
 - Clinical diagnostic criteria and aetiology of MTrP's, definitions of terms, historical aspects
 - Indications, contraindications and possible side effects of Dry Needling
 - Theoretical and practical basics of Dry Needling, hygiene, forms of Dry Needling, mechanisms and effects of Dry Needling, practice of safe Dry Needling
 - Treatment strategies
- **Theory and practical exercises:**

Anatomy in vivo and treatment techniques of the shoulder

Day 2 – topics

- **Overview of research in the field of the Myofascial Pain Syndrome**
- **Treatment management and practical examples**
- **Theory and practical exercises:**

Anatomy in vivo and treatment techniques of the shoulder and neck, the upper extremities and the trunk

Day 3 – topics

- **Questions, answers, practical examples and clinical implementations**
- **Theory and practical exercises:**

Anatomy in vivo and treatment techniques of the head and trunk and the lower extremities

Top 30 Muscles

1. Infraspinatus Muscle
2. Subscapularis Muscle
3. Pectoralis Major Muscle
4. Deltoid Muscle
5. Teres Major Muscle
6. Triceps Brachii Muscle
7. Anconeus Muscle
8. ECRL Muscle
9. Brachioradialis Muscle
10. Extensor Digitorum Muscle
11. Adductor Pollicis Muscle
12. Trapezius Muscle – Upper and Middle Part
13. Trapezius Muscle – Lower Part
14. Rhomboideus Muscle
15. Scalene Muscles
16. Levator Scapulae Muscle
17. Sternocleidomastoid Muscle
18. Longissimus and Iliocostalis Muscles
19. Masseter Muscle
20. Temporalis Muscle
21. Lateral Pterygoid Muscle
22. Gluteus Medius & Gluteus Minimus Muscle
23. Quadratus Lumborum Muscle
24. Iliopsoas and Iliacus Muscles
25. Pectineus Muscle
26. Vastus Medialis Muscle
27. Vastus Lateralis Muscle
28. Gastrocnemius Muscle
29. Soleus Muscle
30. Tibialis Posterior Muscle