



Peripheral Pain Pathway Model (Module-1)

Peripheral Pain Pathway Model (Module-1) is a two day course and has a total credit or CEU's of 20 HRS which consists of 4 HRS Pre Reading and 16 HRS of practical lab session.

PRE STUDY MATERIAL

- (1) What is dry needling?
- (2) Introduction, Past studies & History of dry needling.
- (3) Different Models of dry needling along with current research work.
- (4) Introduction, Types & Classification of pain.
- (5) What is functional integrated dry needling & when it is used?
- (6) Anatomy of muscles & Areas of palpation.

COURSE DETAILS & ITINERARY

DAY 1

9:00 am to 10:30 am

- (A) Needle safety & Infection control, OSHA standard.
- (B) APTA, ASAP guidelines for safe dry needling.
- (C) Structure of Vitality. (Neurophysiology)
 - (1) Optical effects.
 - (2) Segmental analgesic effects.
 - (3) Opioids mechanism.
 - (4) Non-Opioids mechanism.
 - (5) Nerve Fixation
 - (6) Descending Inhibitory pain control matrix.
 - (7) Biochemical modulation.
 - (8) Pain Gate mechanism.
 - (9) Antidote effect.
- (D) Contraindications & Indications of dry needling.
- (E) Adverse affects, Precautions & Limitations of dry needling.
- (F) Self practice & understanding different sizes of needles used for the procedure.
- (G) Segments & Guidelines of needle manipulation.

10:30 am to 12:00 noon

The functional integrated approach of needling of the following muscles, bands, tendons & its functional areas of the Lower Limb & Face will be explained in detail with the practical Lab sessions:

(A) Hip Functional Areas:

- (1) Gluteus Maximus
- (2) Gluteus Medius
- (3) Gluteus Minimus
- (4) Iliotibial (IT) Band.

12:00 Noon to 1:00 pm

Lunch

1:00 pm to 3:30 pm

(B) Knee Functional Areas:

- (1) Popliteus
- (2) Tibialis Anterior
- (3) Gastrocnemius
- (4) Soleus
- (5) Osteoarthritis of Knee joint (Retinacular Stimulation Technique).

(C) Ankle Functional Areas:

- (1) Extensor Hallucis Brevis
- (2) Extensor Hallucis Longus.

3:30 pm to 5:00 pm

(D) Face Functional Areas:

- (1) Frontalis
- (2) Zygomatic
- (3) Corrugator Supercili.

DAY 2

9:00 am to 11:00 am

(A) The functional integrated approach of needling of the following functional areas of Spine will be explained in detail with the practical Lab sessions:

- (1) Multifidus (Lumbar & Thoracic)
- (2) Paraspinal Muscles
- (3) Sciatic Nerve with Common Peroneal Nerve flow.

11:00 am to 12:00 noon

The functional integrated approach of needling of the following muscles, bands, tendons & its functional areas of the Upper Limb, Cervical & Thoracic trunk will be explained in detail with the practical Lab sessions:

(B) Cervical Functional Areas:

- (1) Semispinalis Capitis
- (2) Sternocleidomastoid
- (3) Upper Trapezius.

12:00 Noon to 1:00 pm

Lunch

1:00 pm to 3:30 pm

(C) Shoulder Functional Areas:

- (1) Deltoid
- (2) Supraspinatus
- (3) Infraspinatus

(D) Arm Functional Areas:

- (1) Biceps Brachii
- (2) Triceps Brachii
- (3) Coracobrachialis.

3:30 pm to 4:30 pm

(E) Forearm Functional Areas:

- (1) Brachioradialis
- (2) Pronator Teres
- (3) Flexor Carpi Radialis
- (4) Flexor Carpi Ulnaris
- (5) Palmaris Longus
- (6) Extensor Carpi Ulnaris
- (7) Extensor Digitorum
- (8) Extensor Carpi Radialis Longus
- (9) Extensor Carpi Radialis Brevis.

(F) Wrist & Hand Functional Areas:

- (1) Abductor Pollicis Brevis
- (2) Palmaris Brevis
- (3) Abductor Digitiminimi.

4:45 pm To 5 pm

Exam Theory & Practical