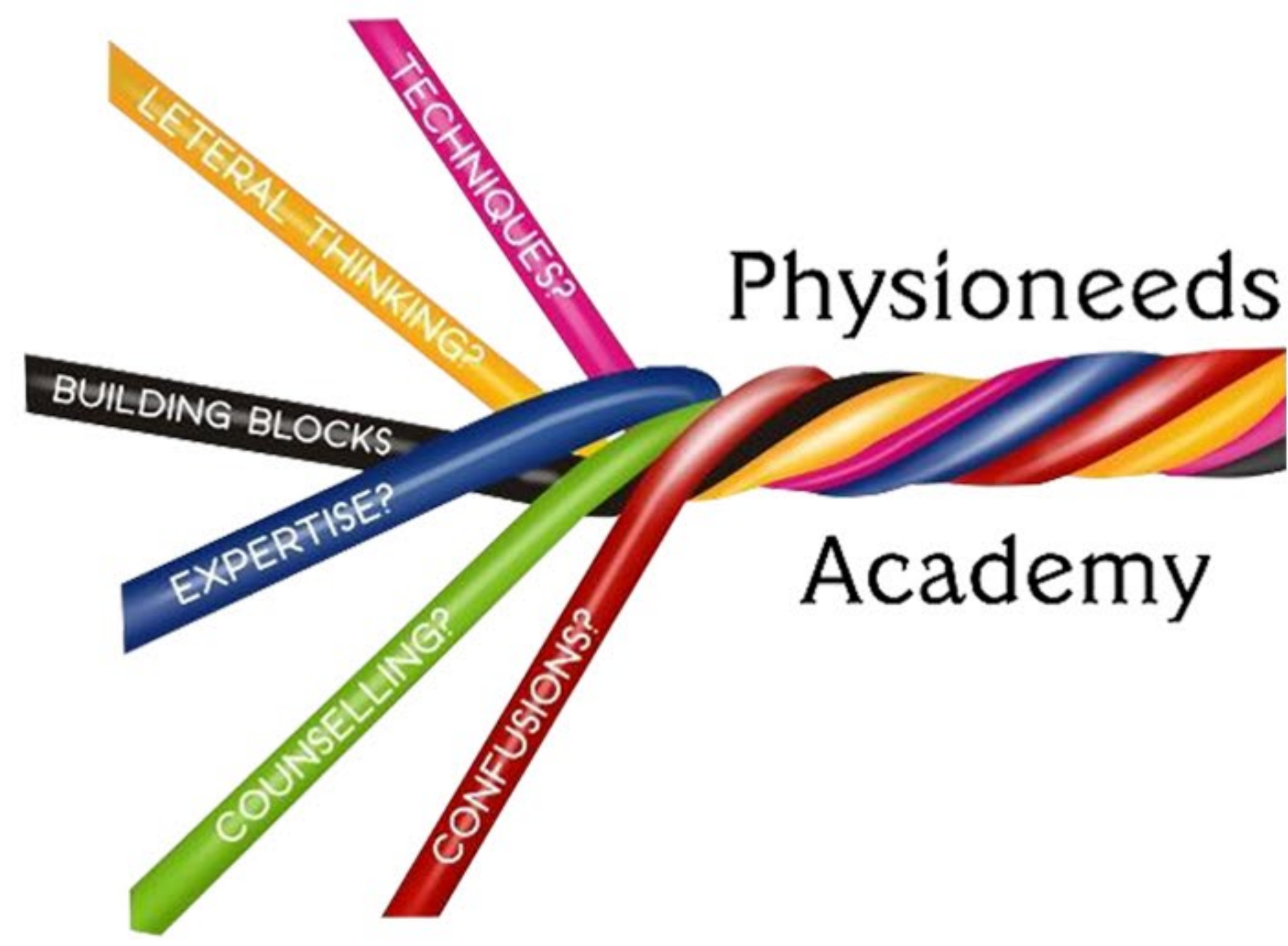




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# INTERNATIONAL CERTIFICATE IN DRY NEEDLING - UPPER & LOWER EXTREMITIES

## ISSA - USA Certified Dry Needling Course

- ◆ Anatomy & Palpation Lab
- ◆ Neuromuscular and Vascular Lab
- ◆ Safety Protocols
- ◆ Indication & Contra Indications of DN
- ◆ Pathophysiology of Trigger Points
- ◆ Effective Application of DN
- ◆ Electro-Dry Needling
- ◆ Upper & Lower Extremity DN



**DR. CHAKSHU BANSAL**

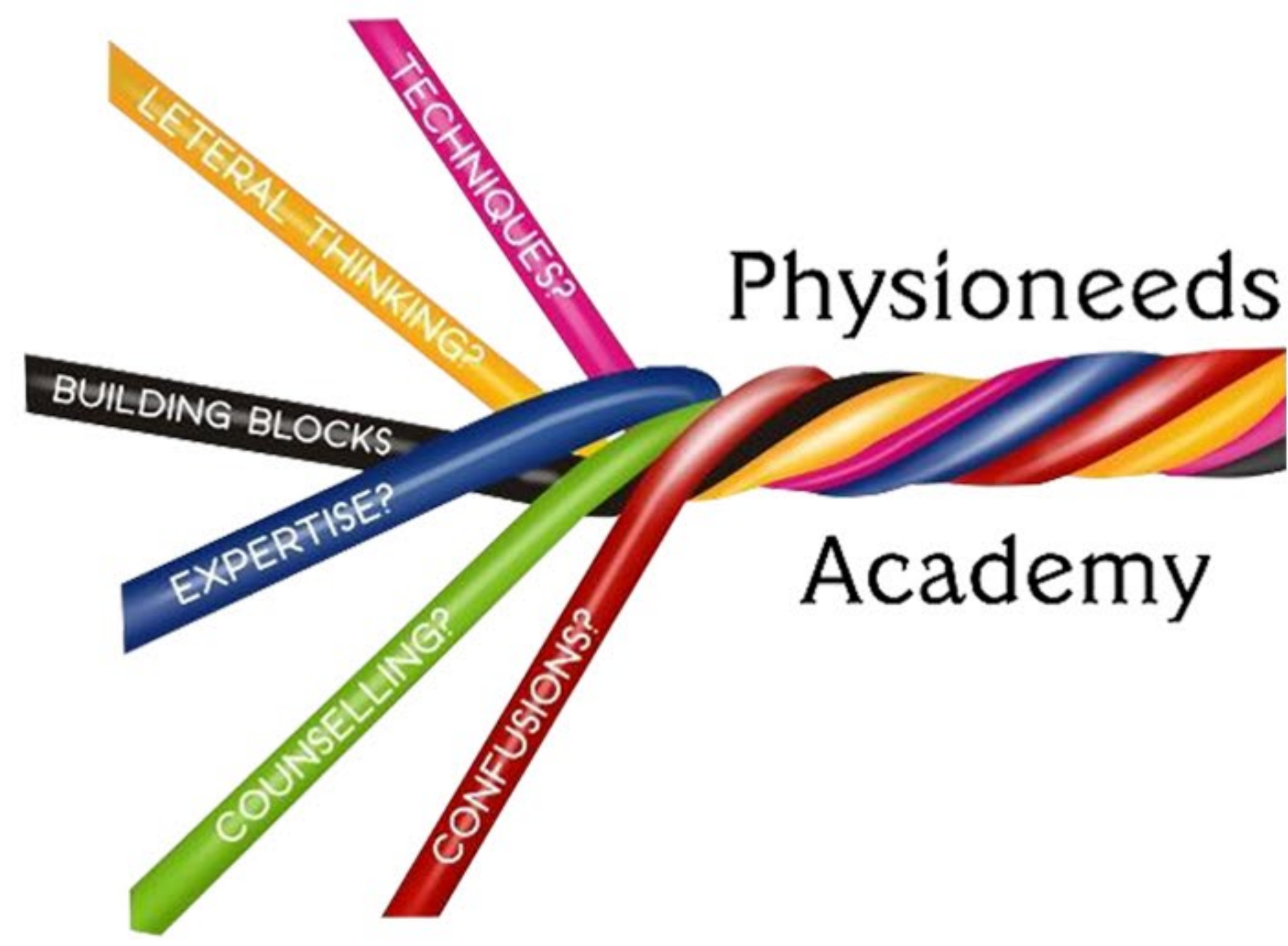
**DATE** 30 NOV - 01 DEC 2024

**VENUE** DUBAI





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## COURSE OVERVIEW:

This is a certification course which serves whopping days of clinical knowledge. Here we will cover History taking, Anatomical, Theoretical, Practical hands-on and clinical aspects of Dry Needling, in addition to safety precautions and guidelines.

Each muscle covered is reviewed in regards with origin, insertion, neuromuscular, vascular components and safety guidelines.

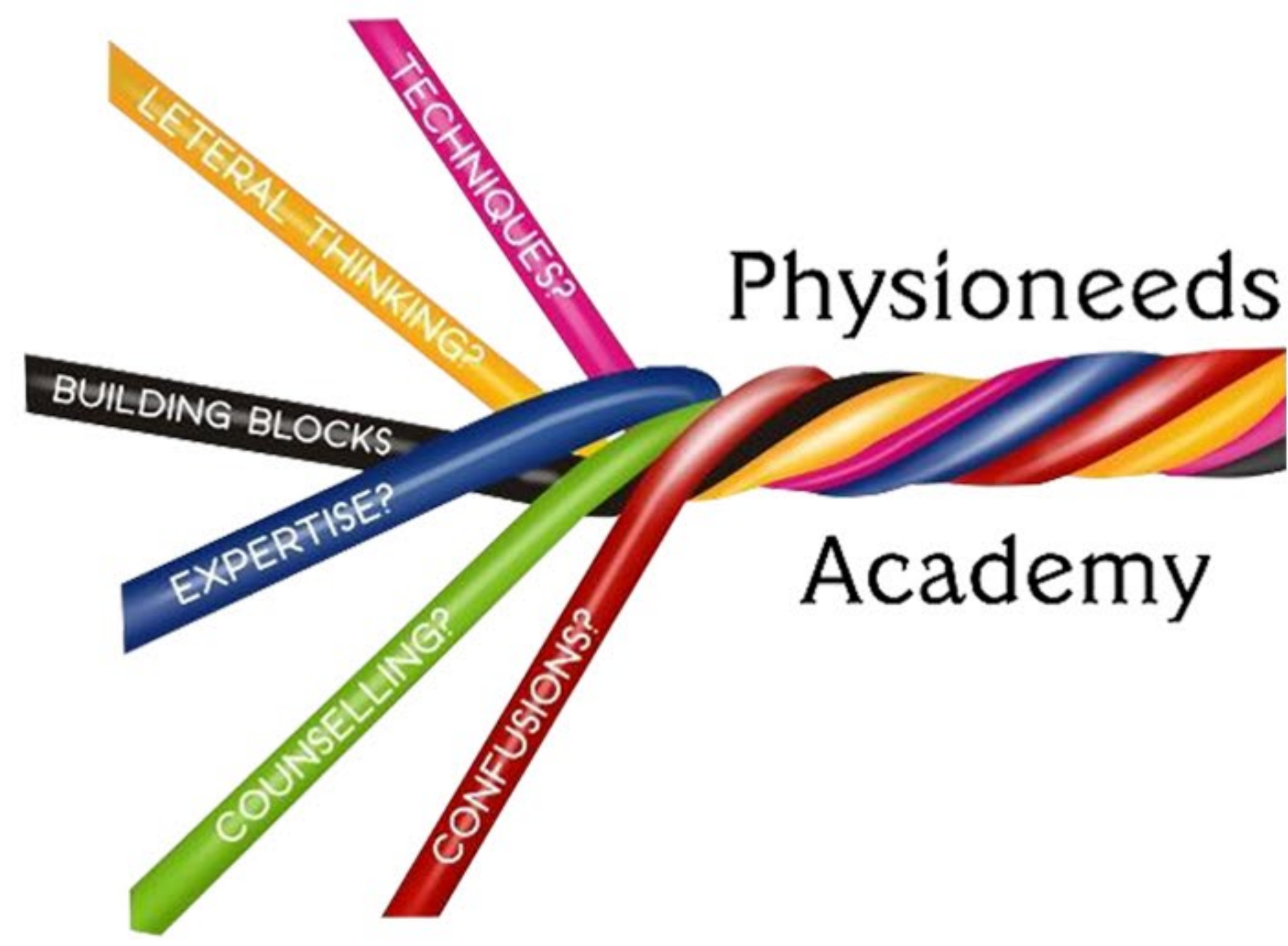
Safety and efficacy of treatment are focused.







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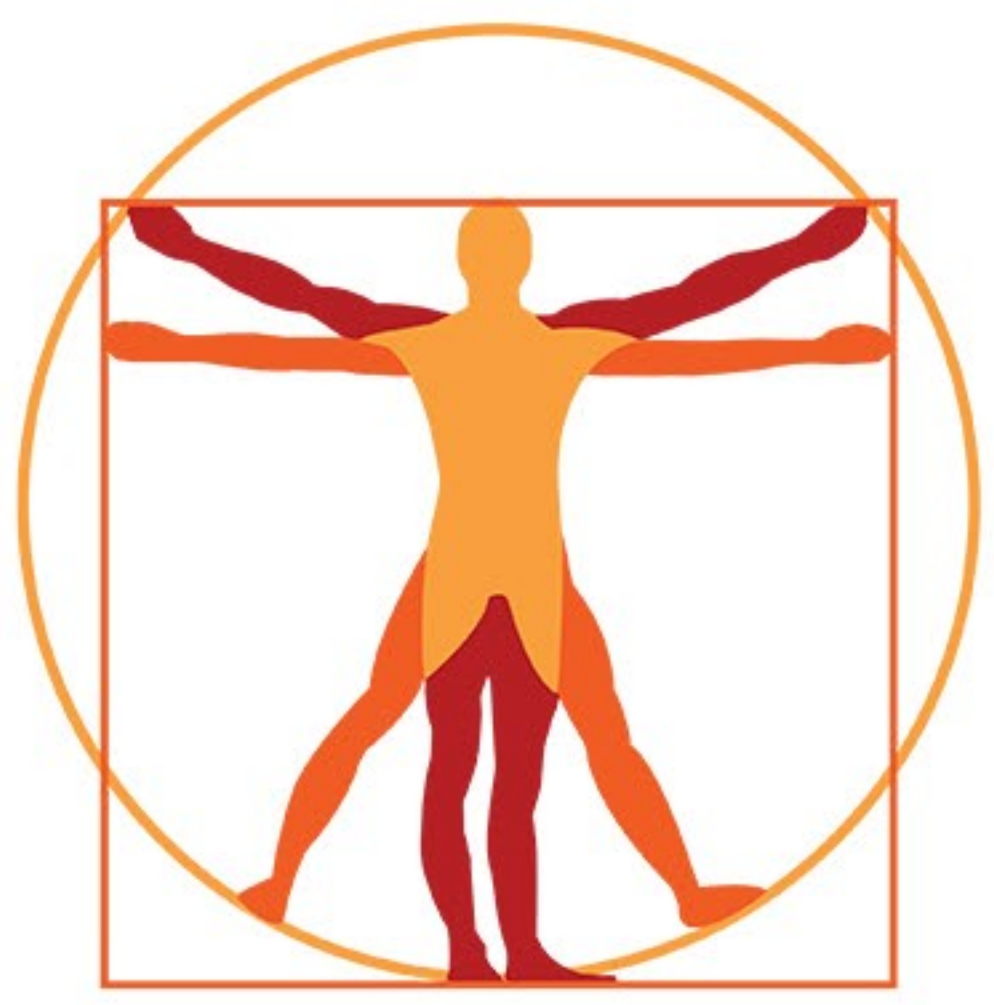


# COURSE AGENDA

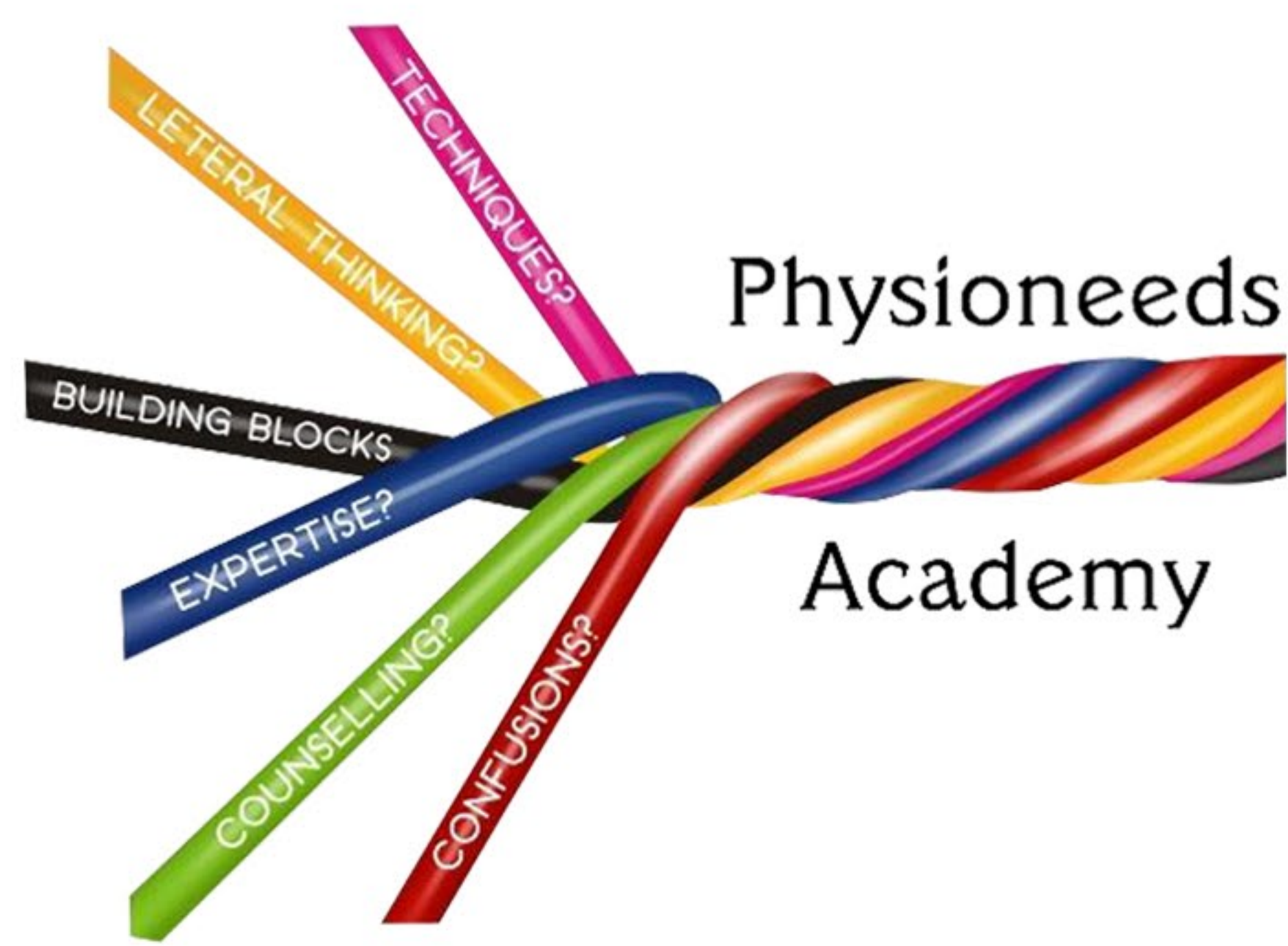
## DAY 1

TIMINGS	TOPICS
08.30 – 09:00 am	Registration
9:00-9:30 am	Introduction to Myofascial System
9:30-10:30 am	Dry Needling – Discovery, Mechanism & Principles
10:30 - 10:45 am	Coffee Break
10:45 -11:45 am	Indications and Contraindications – How, Why and What
11:45 am - 12:45 pm	Application of Dry Needling
12:45 – 1:45 pm	Lunch break
1:45 - 2:45 pm	Practical Demonstration – Muscles of Lower Extremity
2:45 – 3:45 pm	Muscles of Hip area and Thigh
3:45 – 4:00 pm	Coffee Break
4:00 – 5:00 pm	Muscles of leg, arteries and palpation of pulses
5:00 – 6:00 pm	End of Day Discussion and Review



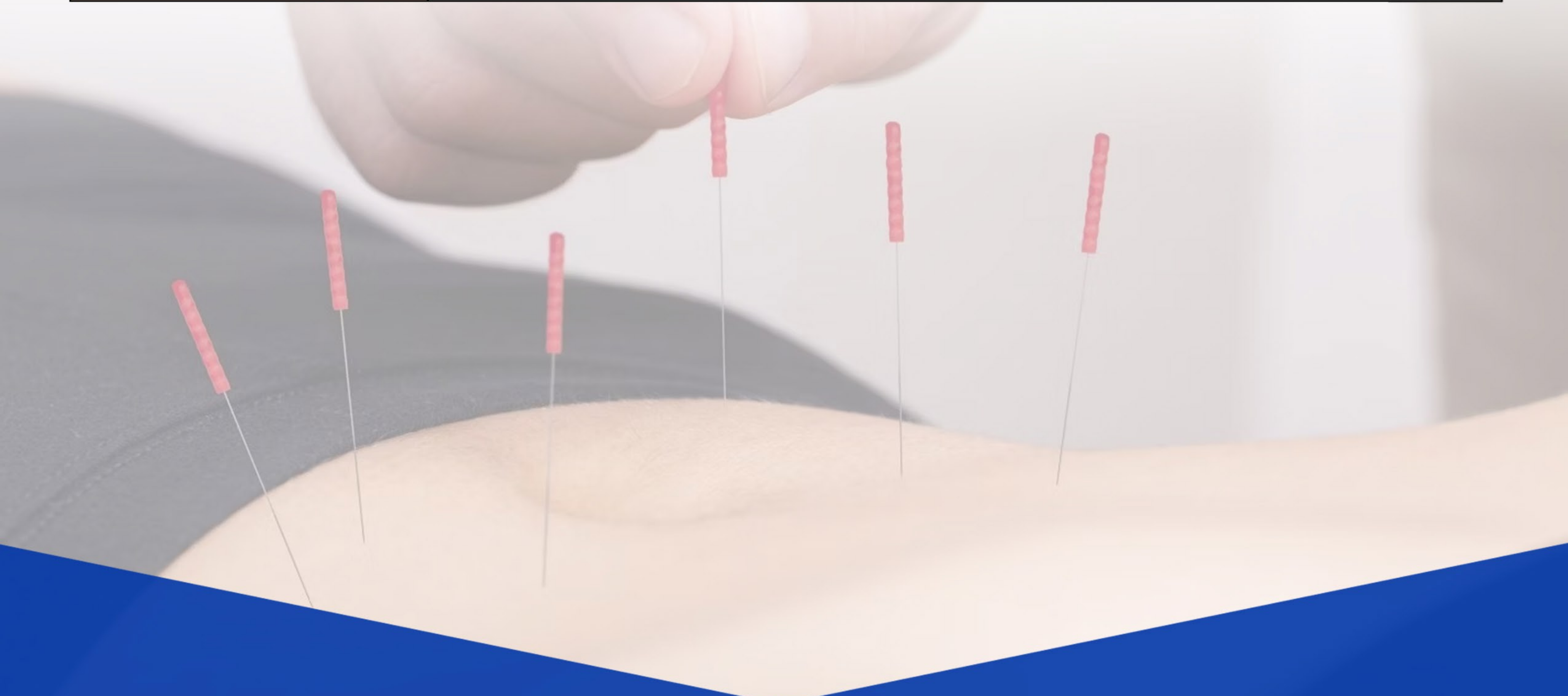


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## DAY 2

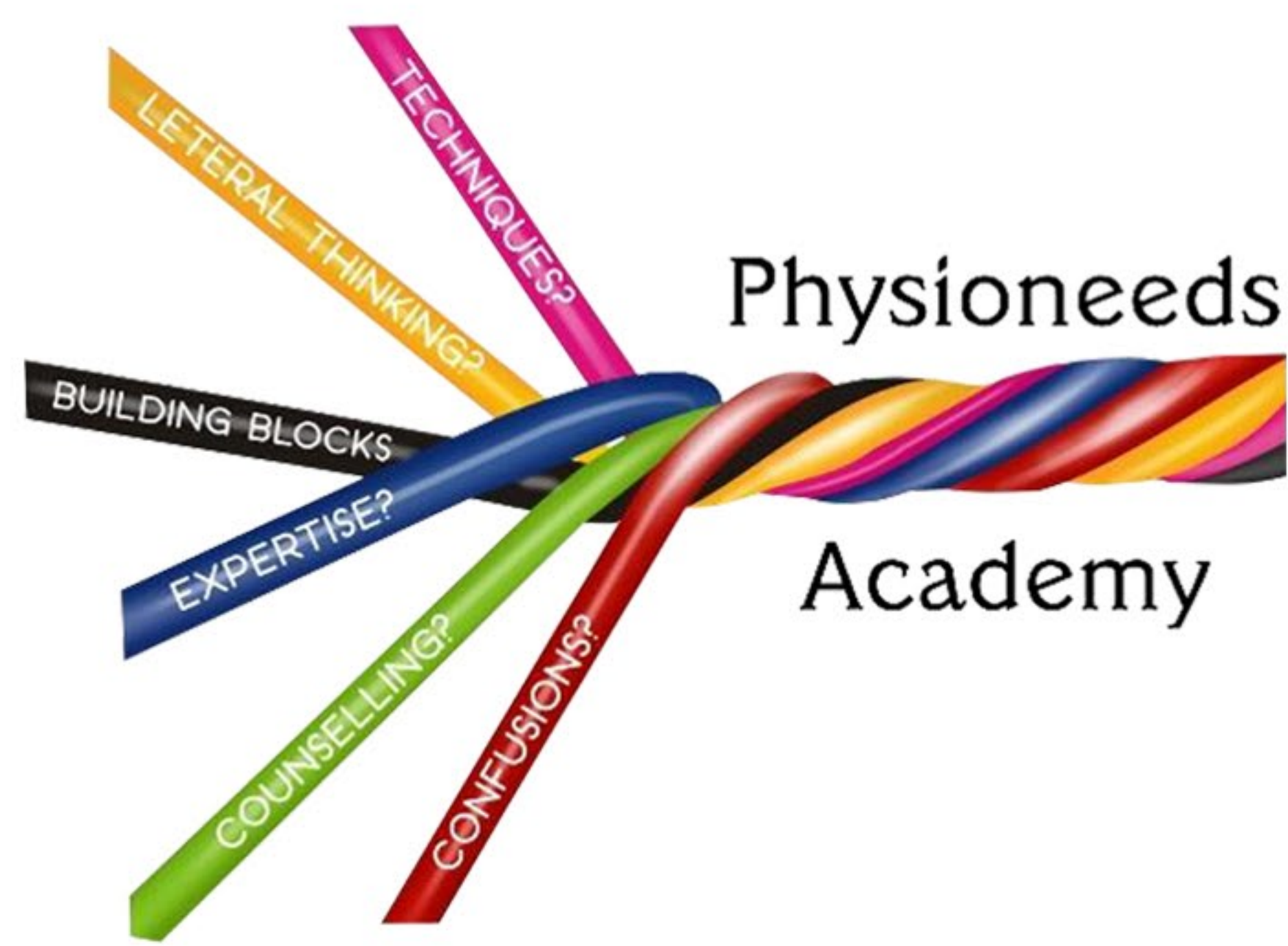
TIMINGS	TOPICS
<b>8:00 – 8:30 am</b>	<b>Registration</b>
8:30-9:30 am	<b>Detailed Structural and Functional anatomy of muscles</b>
9:30-10:30 am	<b>Practical Demonstration – Muscles of Upper Extremity</b>
<b>10:30 - 10:45 am</b>	<b>Coffee Break</b>
10:45 -11:45 am	<b>Muscles of the shoulder girdle</b>
11:45 am - 12:45 pm	<b>Continued</b>
<b>12:45 – 1:45 pm</b>	<b>Lunch break</b>
1:45 - 2:45 pm	<b>Muscles of Upper Extremity</b>
2:45 – 3:45 pm	<b>Continued</b>
<b>3:45 – 4:00 pm</b>	<b>Coffee Break</b>
4:00 – 5:30 pm	<b>Arteries of Upper Extremity &amp; palpation of pulses</b>
<b>5:30 – 6:00 pm</b>	<b>End of day review and Certificate distribution</b>







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## COURSE OBJECTIVES:

- Understand the specific indications and contraindications of Dry needling
- Know and be able to apply the safety rules of DN
- Know possible side effects and complications of DN and will be able to react appropriately
- Have updated their anatomy skills and Knowledge
- Able to identify the trunk, spine, pelvis, hip, thigh, neck, upper and lower extremity, head, TMJ, hand and foot, shoulder muscles by surface anatomy palpation and by function and know their clinical symptoms and perpetuating factors.
- Able to identify features of trigger points by physical examination and Apply this knowledge to the hip, thigh, upper and lower extremity, hand, foot, and shoulder Muscles.

## COURSE OUTCOME:

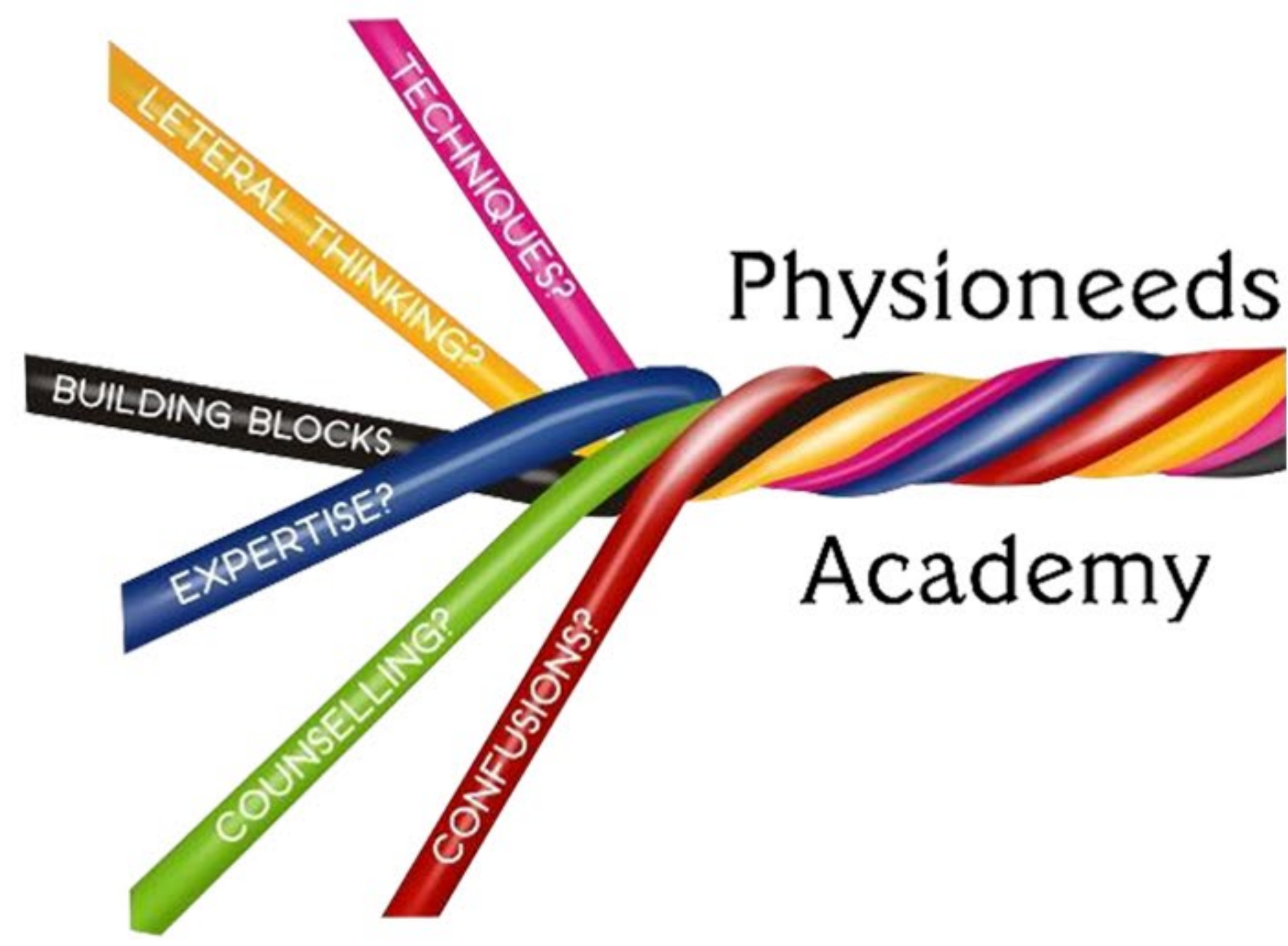
Participants will be able to have strong clinical reasoning to use Dry Needling in conjunction with treatments available to practitioners and will be able to Provide safe and effective treatment of muscular dysfunction(s) using DN







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## **INSTRUCTOR BIO**

### **DR. CHAKSHU BANSAL**

- **Ph.D Scholar (America)**
- **Master in Physiotherapy**
- **Certified Dry Needling Practitioner & Instructor (South Africa)**



**IPh.D Scholar (America), Master in Physiotherapy (Musculoskeletal), Certified Dry Needling Practitioner and Instructor (South Africa), Certified Manual Therapist, Certified Taping Master Trainer (Canada), Certified Pilates Instructor, Certified EMG-NCV therapist (USA), Certified Sport sector trainer (Govt. of India), Academic head & Instructor (KKMT ASIA), Developer Tapedia - Encyclopedia certified taping, Co-Author Book on KKMT, Author (Magical Manus), 3 times World record holder**