



SCHOOL OF
MEDICINE
PHYSICAL THERAPY

Dry Needling Certification Course

JUNE
21 & 22 2024

Domenici Center for Health Sciences Education
1001 Stanford NE, Albuquerque, New Mexico

Who Should Attend This Course:

Physical Therapists seeking to become certified in dry needling. All participants must have at least 6 months of experience as a licensed physical therapist by the first day of the live course.

The UNM Myofascial Institute

COURSE INFORMATION

The UNM Myofascial Institute, in conjunction with the UNM Division of Physical Therapy, will provide a dry needling certification course for any physical therapist interested in becoming certified in dry needling. This is a two-day certification course that includes all the knowledge and hands-on skills required to effectively and immediately integrate dry needling into clinical practice. **Participants will be required to complete educational modules prior to the hands-on portion of the course.** Upon completion of this course, all requirements to dry needle in New Mexico will be met.

COURSE OBJECTIVES

At the end of the course the attendee will be able to:

- Describe dry needling within the New Mexico Physical Therapy scope of practice.
- Understand neuromusculoskeletal dysfunction related to trigger points.
- Understand how dry needling treats neuromusculoskeletal dysfunction.
- Identify patients that may be appropriate and/or likely to benefit from dry needling.
- Identify patients that may be inappropriate for dry needling.
- Demonstrate proper technique and safe practice in dry needling to musculature learned in this course.
- Participate in activities to assimilate knowledge of anatomy, evaluation, and assessment related to physical therapy and dry needling.
- Critically evaluate current literature related to the practice of dry needling.
- Effectively treat a mock clinical scenario utilizing dry needling.

CME REVIEWERS

From the Office for Continuous Professional Learning

Jennifer Harbaugh

Gary A. Smith, PhD

ACCREDITATION

The New Mexico Board of Physical Therapy has approved this activity for 2.4 CEU hours.

COURSE DISCLAIMER

On the morning of the selected course, participants will be required to sign a consent and a waiver of liability for participation which includes consent to practice on AND be practiced on by other participants.

June 21 & 22, 2024

Educational Module: 9 hours (prior to live course)

| Time | Unit |
|------------|---|
| 0.25 Hours | Welcome and Introduction |
| 1 Hour | What is Dry Needling? |
| 2 Hours | Needling Safety |
| 1 Hour | Pain and Dry Needling |
| 1 Hour | Dry Needling for Functional Improvement |
| 0.75 Hours | Billing for Dry Needling |
| 1 Hour | Muscles of the Upper Extremity |
| 1 Hour | Muscles of the Lower Extremity |
| 1 Hour | Muscles of the Spine |

INSTRUCTORS

Adam Walsh, PT, DPT

Board-Certified Clinical Specialist in Sports Physical Therapy

Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Fellow of the American Academy of Orthopaedic Manual Physical Therapists

Assistant Professor

Director of Physical Therapy Residency Education

Division of Physical Therapy, Department of Orthopaedics & Rehabilitation, UNM School of Medicine

Beth Moody Jones, PT, DPT, EdD, MS

Board Certified Clinical Specialist in Orthopaedic Physical Therapy

Professor & Division Chief

Administrator of Physical Therapy Residency Education

Division of Physical Therapy, Department of Orthopaedics & Rehabilitation, UNM School of Medicine

Live Course: 15 hours

| June 21, 2024 | |
|----------------|------------------------------------|
| 8-8:30 am | Introduction to Course |
| 8:30-9 am | Dry Needling Evidence and Legality |
| 9-9:45 am | Anatomy Review |
| 9:45-10:15 am | Needle Safety |
| 10:15-10:30 am | Break |
| 10:30-11 am | Banana Lab |
| 11 am- 12 pm | Anterior Hip and Thigh |
| 12-1 pm | Lunch (provided) |
| 1-1:30 pm | Anterior Hip and Thigh |
| 1:30-2:30 pm | Medial and Posterior Thigh |
| 2:30-3:30 pm | Leg |
| 3:30-4:30 pm | Lumbar Spine |
| 4:30-5 pm | Wrap Up |

| June 22, 2024 | |
|----------------|--|
| 8-8:30 am | Question and Answer |
| 8:30-9 am | Review from Day 1 |
| 9-10:15 am | Electrical Stimulation with Dry Needling |
| 10:15-10:30 am | Break |
| 10:30-11:30 am | Cervical Spine |
| 11:30-12 pm | Shoulder |
| 12-1 pm | Lunch (provided) |
| 1-1:30 pm | Shoulder |
| 1:30-2:30 pm | Arm |
| 2:30-3 pm | Practice |
| 3-4 pm | Practical Exam |

| | EARLY BIRD: Now through 5/30/2024 | REGULAR: 5/31/2024 - 6/16/2024 | ONSITE: 6/17/2024 - 6/22/2024 |
|--------------------------------------|--|---|--|
| Physical Therapists | \$895.00 | \$935.00 | \$960.00 |
| <i>Paying with Tuition Remission</i> | \$885.00 | \$925.00 | \$950.00 |

REGISTRATION

Minimum and maximum registration numbers have been established for these courses. Advance registration is encouraged, register early to avoid disappointment. Your registration will be confirmed via email. If you do not receive a confirmation letter, please contact CPL at (505) 272-5166 or **via email** to verify your attendance. Registration includes course materials, breakfasts, lunches and refreshment breaks each day. Please confirm your registration before making travel arrangements.

HOW TO REGISTER

Credit cards, Check or UNM PR: <https://bit.ly/DN24Reg>

Checks should be made payable to the UNM CPL, include the attendees name and mailed to: The University of New Mexico, Office for Continuous Professional Learning, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. It is UNM policy to charge \$35.00 plus normal merchant bank fees for each returned check. **UNM CPL does not accept POs or paper registrations. All registrations need to be completed online with the link above.**

UNM Tuition Remission: All eligible UNM faculty and staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. No refund or credit will be issued for non-attendance.

1. **Complete the conference registration form** and select you will be paying with UNM Tuition Remission.
2. If you need your supervisors approval to use your Tuition Remission you will need to upload a completed **UNM Tuition Remission form** with proper signatures to the online registration form.

CANCELLATION

If you preregister and cannot attend, CPL will refund tuition, less a \$40.00 administrative fee, provided it is received in writing **via email on or before Friday, June 7, 2024**. No refunds will be issued after this date or for non-attendance. Courses are subject to cancellation. In the event a course is canceled, CPL is not responsible for any airfare, hotel or other costs incurred by participants.

HOTEL ACCOMMODATIONS

We do not have a room block secured for this conference. However, The University of New Mexico has negotiated agreements with several local hotels, should you need lodging during conference. These rates are based on availability and hotel occupancies. Some hotels may require proof of UNM eligibility.

purchase.unm.edu/local-hotel-information/index.html

SPECIAL ACCOMMODATIONS

Individuals requiring special accommodations should contact CPL as soon as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

QUESTIONS?

UNM Office for Continuous Professional Learning
MSC09 5370 1 University of New Mexico
Albuquerque, NM 87131-0001

PHONE: (505) 272-3942 | **EMAIL:** HSC-CPL@salud.unm.edu

WEB: goto.unm.edu/cpl



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