

# Dry Needling for Orofacial Pain and Headaches- 9 Hours

Course title	Dry Needling for Orofacial Pain and Headaches
Instructor	Dr Tzvika Greenbaum, BPT, MaPT (Manip & Sports), PhD
Participants	Physiotherapists and dentists with previous qualification in dry needling and training in temporomandibular disorders rehabilitation.
Description	<p>Orofacial Pain and Headache are highly common complaints seen in physiotherapy practice. In most cases, the musculoskeletal system plays the main role in the clinical presentation of orofacial pain and headaches (primary or secondary role). Dry needling of specific facial and cervical myofascial structures which have been shown to be relevant in orofacial pain and headaches have been proven to be highly effective both clinically and by research.</p> <p>In this one-day workshop participants will learn and practice safe and effective dry needling approaches for the most commonly involved myofascial structures in patients with orofacial pain (mainly TMD) and headaches (cervicogenic, tension type and migraine).</p>
Contact hours	This is a <b>9 hour</b> course (1 full days)
Course objectives	<p>After completing to course participant will be able to:</p> <ol style="list-style-type: none"> <li>1. Clinically assess, evaluate and identify common myofascial structures that can be source of pain in people orofacial pain and headache.</li> <li>2. Clinically apply the clinical reasoning model of management in people with orofacial pain and headaches.</li> <li>3. Effectively and safely apply dry needling techniques to several myofascial structures that are relevant to patients with orofacial pain and headache.</li> </ol>
Course format	<ul style="list-style-type: none"> <li>• Theoretical lessons (20%)</li> <li>• Practical workshop (80%)</li> </ul>

## Course Schedule:

### Day 1

8:30-9:00	Registration
9:00-10:30	<ol style="list-style-type: none"> <li>1. Scientific background of headache &amp; orofacial pain in the musculoskeletal practice</li> <li>2. Dry Needling safety</li> </ol>
10:30-11:00	Coffee break
11:00-12:00	Clinical anatomy of the upper neck & masticatory system
12:00-13:30	DN for the upper neck muscles: SCM, Upper trapezius, Sub occipitals and Splenius capitis

13:30-14:15	Lunch break
14:15-15:45	DN for the mouth closers: Masseter, Temporalis, Medial pterygoid
15:45-16:00	Coffee break
16:00-17:30	DN for the mouth closers: Lateral pterygoid, Supra-Hyoids (Digastric, Mylohyoid), Infra-Hyoids (Sterno & Omohyoids)
17:30-18:00	Clinical points and day summary