Course Basic Dry Needling

Date: 27.-29.10. 2025

Place: Rehab Care Košice

Lectours: Michal Linkovski Nir, BPT, MScPT, Dr. Tzvika Greenbaum Phd.,

Price: 520 EUR

Hours: 27 hours

Language: English with translation to Slovak

Background:

The musculoskeletal system and its supporting structures constitute the largest system in the human body. This system is rich in nociceptors, making it one of the most common sources of pain among people with musculoskeletal disorders. Nociceptive stimulation from this system directly affects the proper functioning of the movement system, making treatment of this painful stimulus an important part of the rehabilitation process in physiotherapy clinics. Dry needling is an effective and safe tool for reducing muscle-originated pain in the short term in orthopedic clinics through several mechanisms. This pain reduction provides a rehabilitative opportunity for active engagement and functional improvement in the medium to long term.

In this course, participants will learn to efficiently and safely needle the most involved muscles in various syndromes presented in orthopedic rehabilitation clinics while considering the most up-to-date research evidence. Special emphasis will be given to integrating dry needling with other treatment tools based on sound clinical reasoning, as well as on contraindications and precautions that do not harm the patient or the treatment itself.

Course Objectives:

1. Participants will gain a thorough understanding of the latest scientific background on muscle tissue involvement as a common source of pain in orthopedic clinics.
2. Participants will gain a thorough understanding of the latest scientific background on the effective and safe use of dry needling in orthopedic rehabilitation.
3. Participants will learn to examine, evaluate, and identify relevant trigger points for dry needling.
4. Participants will learn to practically integrate muscle tissue as a common pain source in the clinical reasoning model of orthopedic physiotherapy.
5. Participants will learn to efficiently and safely needle 50 different muscles related to common orthopedic pain syndromes in the upper and lower quadrants.

Course Scope:

A total of 27 hours, 30 muscles, including major muscles related to common complaints.

Course Requirements:

- Mandatory attendance for all parts of the course
- Prior knowledge - A bachelor's degree in physiotherapy is mandatory. At least one year of clinical experience in orthopedic rehabilitation is recommended.
- Participants are required to read two specific academic articles on the topic before each part of the course (provided in the bibliography).
- Each part of the course includes 15 hours of practical exercises in pairs for assessment and treatment techniques.

Target Audience:

Doctors and physiotherapists working in the field of orthopedic rehabilitation (including hospitals).

Course Schedule:

Session 1 Date:

Time	Topic
9:00-10:30	Scientific background on muscl-originated pain, Epidemiology, pathophysiology, differential diagnosis
10:30-10:45	Break
10:45-12:15	Scientific background on dry needling History of the tool, mechanisms of action, effectiveness, clinical reasoning, safety
12:15-12:45	Lunch break
12:45-13:30	Dry needling of shoulder muscles– Infraspinatus, Teres Major
13:30-14:00	Break
14:00-14:45	Dry needling of shoulder muscles– Subscapularis, Pectoralis Major
14:45-15:00	Break
15:00-15:45	Dry needling of shoulder muscles- Deltoid, Triceps brachii
15:45-16:00	Break
16:00-18:00	Continuation

Session 2

Time	Topic
9:00-10:30	Dry needling of upper limb muscles- Pronator teres, Brachioradialis
10:30-10:45	Break
10:45-12:15	Dry needling of forarm- ECRL+B, Extensor digitorum, Adductor Policis
12:15-12:45	Lunch break
12:45-13:30	Dry needling of anterior neck and jaw muscles- SCM, Masseter, Temporalis
13:30-14:00	Break
14:00-14:45	Continuation
14:45-15:00	Break
15:00-15:45	Dry needling of posterior leg muscles - Gastro/Soleus
15:45-16:00	Break
16:00-18:00	Continuation

Session 3

Time	Topic
9:00-10:30	Dry needling of upper back muscles – Trapez (U, M, L), Levator
10:30-10:45	Break
10:45-12:15	Dry needling of lower back muscles– Longissimus, Iliocostalis, QL
12:15-12:45	Lunch break
12:45-13:30	Dry needling of posterior thigh muscles – Gluteus Medius and Minimus
13:30-14:00	Break
14:00-14:45	Dry needling of posterior thigh- Gluteus Maximus, and Hamstring
14:45-15:00	Break
15:00-15:45	Dry needling of anterior thigh- Iliopsoas, Quad (RF, VL, VM)

	Adductor Longus, and magnus
15:45-16:00	Break
16:00-18:00	Continuation. Closeing words

References:

1. Wheeler, A. H. Myofascial Pain Disorders: Theory to Therapy. *Drugs* vol. 64 45–62 (2004).
2. O'leary, S., Falla, D., Elliott, J. M. & Jull, G. Muscle dysfunction in cervical spine pain: Implications for assessment and management. in *Journal of Orthopaedic and Sports Physical Therapy* vol. 39 324–333 (Movement Science Media, 2009).
3. Pourahmadi, M. *et al.* Dry Needling for the Treatment of Tension-Type, Cervicogenic, or Migraine Headaches: A Systematic Review and Meta-Analysis. *Phys. Ther.* 101, (2021).
4. Ughreja, R. A. & Prem, V. Effectiveness of dry needling techniques in patients with knee osteoarthritis: A systematic review and meta-analysis. *J. Bodyw. Mov. Ther.* 27, 328–338 (2021).
5. Llurda-Almuzara, L. *et al.* Is Dry Needling Effective for the Management of Plantar Heel Pain or Plantar Fasciitis? An Updated Systematic Review and Meta-Analysis. *Pain Med.* 22, 1630–1641 (2021).
6. Vier, C., Almeida, M. B. de, Neves, M. L., Santos, A. R. S. dos & Bracht, M. A. The effectiveness of dry needling for patients with orofacial pain associated with temporomandibular dysfunction: a systematic review and meta-analysis. *Brazilian Journal of Physical Therapy* vol. 23 (2019).

Suggested reading

1. Wheeler, A. H. Myofascial Pain Disorders: Theory to Therapy. *Drugs* 64, 45–62 (2004).
2. Simons, D. G., Travell, J. G., Simons, L. S. & Travell, J. G. *Travell & Simons' myofascial pain and dysfunction : the trigger point manual*. (Williams & Wilkins, 1999).