

## DGSA Top 20 DN course Dry Needling

### Course Contents & Program

This two-day introductory course covers the foundations of Dry Needling, the myofascial pain syndrome, trigger points and the clinical highlights of dry needling. The course is a hands-on course. Participants practice Dry Needling of the top 20 muscles under consistent supervision among each other.

Upon completion of the course, participants will ...

- understand the basic scientific backgrounds of the myofascial pain syndrome and of trigger points.
- be able to identify the Top 20 muscles by surface anatomy, palpation and function. They will also understand their clinical symptoms and perpetuating factors.
- be able to identify the features of trigger points by physical examination and apply this knowledge to the Top 20 muscles.
- understand the specific indications and contraindications of Dry Needling.
- have the ability to apply the safety rules for Dry Needling.
- be able to perform Dry Needling of the Top 20 muscles.
- understand the possible side effects and complications of Dry Needling and will be able to react appropriately.

### **Program Day 1 – topics**

08.30	Registration
09:00 – 09:15	Welcome
09:15 – 10:15	Introduction to myofascial Trigger Points: Clinical diagnostic criteria and aetiology of MTrP's, definitions of terms, historical aspects
10:15 – 10:30	Coffee break
10:30 – 11:30	Basics of Dry Needling: Indications, contraindications and possible side effects of Dry Needling / Theoretical and practical basics of Dry Needling, hygiene, forms of Dry Needling, mechanisms and effects of Dry Needling, practice of safe Dry Needling / Treatment strategies
11:30 – 12:30	First needle experiences
12:30 – 13:30	Lunch break
13:30 – 15:30	Theory and practical exercises: Anatomy in vivo and treatment techniques of the shoulder,
15:30 – 15:45	Coffee break
15:45 – 18:00	Theory and practical exercises: Anatomy in vivo and treatment techniques of the shoulder and neck

### **Program Day 2 – topics**

08:30 – 08:45	Welcome
08:45 – 09:45	Overview of research in the field of the Myofascial Pain Syndrome
09:45 – 10:00	Coffee break
10:00 – 12:30	Theory and practical exercises: Anatomy in vivo and treatment techniques of the neck, the upper extremities and the trunk
12:30 – 13:30	Lunch break
13:30 – 14:00	Treatment management and practical examples
14:00 – 15:30	Theory and practical exercises: Anatomy in vivo and treatment techniques of the upper extremities, the trunk and the lower extremities
15:30 – 15:45	Coffee break
15:45 – 17:15	Theory and practical exercises: Anatomy in vivo and treatment techniques of the trunk and the lower extremities
17:15 – 17:30	Summary, Feedback, Q&A

## **Top 20 DN Muscles**

- Suboccipital Muscles
- Sternocleidomastoid Muscle
- Scalene Muscles
- Splenius Muscles
- Multifidi and Rotator Muscles of the Neck
- Temporalis Muscle
- Pterygoideus Medialis Muscle
- Trapezius Muscle
- Levator Scapulae Muscle
- Serratus Anterior Muscle
- Subscapularis Muscle
- Deltoid Muscle
- Adductor Pollicis Muscle
- Longissimus and Iliocostalis Muscles
- Quadratus Lumborum Muscle
- Iliopsoas
- Piriformis Muscle
- Gluteus Medius Muscle and Gluteus Minimus Muscle
- Popliteus Muscle
- Flexor Hallucis Longus Muscle

**Instructor: Maya Abady**

Maya graduated 'cum laude' from Tel Aviv University (Israel) in 2004, after which she completed her Masters in Musculoskeletal & Sports Physiotherapy at the University of South Australia (Adelaide, Australia) in 2005. After tutoring in an Evidence Based and Biostatistics course, she moved to Sydney and for over 4 years worked in one of the leading physiotherapy practices in Sydney. Since her return to Israel in 2011, Maya has been working in private practice, been teaching at various academic institutes, including the physiotherapy school at Tel Aviv University, as well as been teaching private postgraduate courses. Maya has special interest and experience in working with Spine dysfunction (lumbar, thoracic, cervical) and related conditions as well as Myofascial pain syndromes and dry needling. She has recently commenced her PhD studies at the University of Newcastle (Australia) looking at the relationship of the hip joint and low back pain. Maya ensures evidence-based practice, and she has further interests in movement dysfunction and rehabilitation, neuromuscular retraining, and acute and chronic sport injuries, pre-post operative rehabilitation and other musculoskeletal disorders. Following the eastern medicine approach, Maya believes the body has an innate ability to heal itself where possible, supporting a holistic approach to patient management looking at the bio-psycho-social model. Maya joined the DGSA group as an instructor together with Mr. Tzvika Greenbaum in 2013.

**Venue**

17/F, Honest Building, 9-11 Leighton Road, Causeway Bay, Hong Kong

**Prerequisites**

MD, DC, DO, PT

**Course Fees**

- HKD6500
- HKD5500 (early bird on or before 7<sup>th</sup> May 2025)

**Enrolment Quota**

22 participants

**Date**

7<sup>th</sup> – 8<sup>th</sup> June, 2025

**Time**

08:30 – 17:30 (Lunch: 12:30 – 13:30)

**Duration**

15 hours in total

**CPD Point**

Chiro: 15 points

Physio: pending

**Registration**

Online registration, please register using the link: [click here](#)

**Payment**

1. Transfer: HSBC 652-096850-001
2. Cheque: Payable to "Hong Kong Chiropractic College Foundation Limited"

Mailing Address: 11/F, China Hong Kong Tower, 8-12 Hennessy Rd, Wanchai, HK

Please upload your qualification certificate and payment proof to the google form.

**Enquiries**

Please contact [cpdntalk@hkccf.org.hk](mailto:cpdntalk@hkccf.org.hk) or +852 2152 1715