

Learning Outcome	Overview	Taught Content/Scheme of Work
Unit 1 - Understand the difference between dry needling, acupuncture and Chinese medicine	Dry Needling v's Acupuncture	<ul style="list-style-type: none"> The difference between dry needling and acupuncture despite the same equipment being used during treatment.
	Overview of Acupuncture	<ul style="list-style-type: none"> Acupuncture – Fundamental component of Traditional Chinese Medicine (TCM) – dating back to 3rd century BC. Invasive needling technique used to restore the equilibrium of energy along meridians using determined points on the body. TCM is based on the belief that any imbalance in the body's vital energy flow (Qi) can cause disease and illness. Acupuncture is one technique to restore this. Integration of Acupuncture into Western medical practice
	Overview of Dry Needling	<ul style="list-style-type: none"> Description – insertion of needles into the skin Performed by healthcare professionals such as physiotherapists, osteopaths, chiropractors etc. Differs from TCM as primarily based on Western medical principles Dry needling – mechanical – no medication or substance is injected during treatment Mechanical and neurological effects to address musculoskeletal conditions Research by Dr Janet Travell and Karel Lewit – potential benefit of injections for treating Myofascial trigger points. Terminology used in different dry needling techniques.
Unit 2 - Myofascial Pain & Trigger Points	Myofascial Pain Syndrome	<ul style="list-style-type: none"> Definition of what myofascial pain syndrome (MPS) is, including signs and symptoms Pioneering musculoskeletal pain research carried out by Travell & Simons
	Myofascial Trigger Points (MTrP's)	<ul style="list-style-type: none"> Understand the characteristics, signs and symptoms of MTrP's Clinical presentation of MTrP's Involvement in musculoskeletal pain / chronic pain conditions Active v's Latent MTrP's Trigger Point development hypothesis Mechanisms of MTrP's

Unit 3 – Mechanisms of action of Dry Needling	Mechanism of Action	<ul style="list-style-type: none"> • Not fully understood but many hypothesis • Proposed mechanisms
	Classification of DN Modalities	<ul style="list-style-type: none"> • Superficial Dry Needling (SDN) • Deep Dry Needling (DDN)
	Effects of Dry Needling	<ul style="list-style-type: none"> • Neurophysical, nervous system (peripheral, segmental & central) • Peripheral – mechanical stimulation / local twitch response, blood flow & inflammation, modulation of nociceptors • Segmental – relaxative effect, pain modulation • Central – CNS modulation, endorphin release, neuroplasticity • Longitudinal Tension Release (LRT)
Unit 4 – Consultation, consent, contraindications and complications	Consultation Process	<ul style="list-style-type: none"> • Patient Medical History • Consultation forms • Patient treatment information • Risk v's Benefit • Treatment aftercare
	Consent	<ul style="list-style-type: none"> • Informed and voluntary consent – verbal v's written • Patients < 16 years old • Consent forms
	Contraindications	<ul style="list-style-type: none"> • Total contraindications to treatment • Cautions to treatment • Pregnancy
	Complications	<ul style="list-style-type: none"> • Fainting • Stuck Needle • Broken Needle
Unit 5 – Safety and Side Effects	Safety of Treatment	<ul style="list-style-type: none"> • Importance of Anatomical Knowledge being key to safety when dry needling • Practitioner scope of practice • Pneumothorax – what is it? Signs and actions to be taken
	Side Effects	<ul style="list-style-type: none"> • Common side effects • Lesson common side effect • Rare side effects • Very rare side effects / RED FLAGS

Course Syllabus – Foundation Dry Needling

Unit 6 – Application of Needles	Needles	<ul style="list-style-type: none"> • Types of needles • Size of needles
	Preparation	<ul style="list-style-type: none"> • Environment • Equipment • Client
	Application	<ul style="list-style-type: none"> • Different methods of insertion • Needling directions – perpendicular, oblique, transverse • Needling techniques – insertion, removal, lifting & depressing, rotating, flicking • Needling depths
Unit 7 – Getting set up	Requirements to offer Dry Needling	<ul style="list-style-type: none"> • Insurance • Room/Equipment/Consumables • Local authority registration • Sharps and clinical waste disposal
Unit 8 – Dry Needling Practical techniques	Tutor demonstration of needling into specific muscles	<ul style="list-style-type: none"> • Locate muscles using bony landmarks • Client positioning • Recommended needle size • Direction of needling • Depth of needling • Any cautions
	Supervision of students needling into specific muscles	<ul style="list-style-type: none"> • Locate muscles using bony landmarks • Client positioning • Recommended needle size • Direction of needling • Depth of needling • Any cautions