



## Introductory Dry Needling Course (Intramuscular Manual Therapy)

### Day 1

#### 8am - 6pm

8:00 - 8:30am	Registration - Introductions - History of TDN
8:30 - 9:30am	Introduction to Kinetacore TDN, Theory portion
9:30 - 10:30am	Neuromyofascial Pain
10:30 - 10:45am	Break
10:45 - 11:15am	Safety Presentation and Needling Demo
11:15 - 12:30pm	Assessment Presentation (SFMA, Review of standard assessments) and Practical - Supervised
12:30 - 1:00pm	Lunch
1:00 - 2:00pm	Introduce Assessment Rationale
2:00 - 2:30pm	Posterior Hip Presentation and Demonstration
2:30 - 4:15pm	Posterior Hip Practical - Supervised
4:15 - 4:30pm	Break
4:15 - 6:00pm	Posterior Hip Demo/Practical Continued

### Day 2

#### 8am - 6pm

8:00am	Recap and Questions
8:30	Lumbar Spine Presentation and Practical
10:15	Break
10:30	Anterior Thigh Presentation and Practical
12:30	Lunch & Discussion (Q&A)
1:30	Medial / Posterior Thigh
2:15	Break
2:30	Shoulder Presentation and Practical
4:30	Shoulder/Thigh Presentation and Practical Continued
6:00	Wrap-Up

### Day 3

#### 7am - 5pm

7am	<b>Practical testing &amp; Written Test</b>
8:30	Break (15 Minutes) Recap and Questions
9:00	Cervical Spine Presentation
12pm	Lunch
12:30	Lower Extremity Presentation
2:00	Upper Extremity Presentation
3:00	Break
3:15	Website membership, Supplies, Practice Integration
4:30	Extra Time for Muscle Check Off, Final Questions, Certification and Introduce Level II Course
5:00pm	Wrap-Up