DRY NEEDLING COURSES FOR PELVIC FLOOR PHYSIOTHERAPISTS

THE OPTIMAL DRY NEEDLING SOLUTION

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Dry Needling for Pelvic Floor Physiotherapists

Rationale

Dry needling is an invasive treatment modality used by physical therapists worldwide to treat musculo-skeletal pain and dysfunction. It has evidence-based applications ranging from the treatment of hemiparetic shoulder pain to chronic back pain, lateral epicondylalgia, plantar fibrofasciitis, arthralgias, and myofascial pain syndromes. The link between myofascial pain and pelvic pain has been researched over the past years. The use of dry needling or wet needling have been researched directly or mentioned as options in the discussion of current research. However, it is not taught at undergraduate level, which necessitates the teaching and learning of this modality at a postgraduate level. Pelvic floor Health care practitioners work primarily or exclusivly with pelvic floor patients. Therefore this course is an entry level course isolated to the muscles associated with pelvic dysfunction. Practitioners attending this course will acquire both the technical skills and the theoretical underpinning required to perform dry needling therapy safely and effectively.

Target audience

The course is suitable for Pelvic floor health care practitioners who already have an undergraduate/graduate degree in a field which legally allows them to treat musculoskeletal pain and dysfunction using needling techniques. Examples include physiotherapists, medical doctors, nurse practitioner and chiropractors.
Pre-requisites

Prospective participants must hold a relevant undergraduate degree, A level one pelvic floor treatment course, have professional malpractice insurance and be prepared to fully participate in all of the practical sessions. Each participant will be required to be a model on the course and be needled by their fellow participants.

Learning outcomes

Participants will acquire the dry needling skills necessary to treat musculoskeletal pain and dysfunction safely and effectively within a bio-psycho-social paradigm.

Course Program

The full course comprises of a practical component, a self-study component, and an anatomy component. The practical component is 3 days long. There are 4 academic journal articles which are for pre-course reading (self study). Each day consists of a combination of didactic, interactive lectures (using a combination of PowerPoint type presentations with white-board embellishments where required) and supervised practical sessions where the technique to be learned is first demonstrated to the class, and the class then pairs off to practice. Accurate practicing is ensured by close supervision of the lecturer and the trained assistant/s. Video demonstrations of the techniques are also played back during the course.

During the course, participants have breakaway groups to problem solve “paper patient” cases and physically demonstrate the dry needling therapy of such a patient (role play) to their classmates who then review the clinical reasoning and safety and efficacy of the actual techniques performed.
Outcome assessment

The course is assessed on two levels: formally and informally. Formally there is an open book 120-mark theoretical exam issued online, and a 30-minute practical exam at the end of the course. Informally, the participants are assessed by the lecturer and the assistant on their in-class interactions and on their contribution to the paper patient break-away assignments.

Why 3 days, not fewer?

There has been phenomenal growth in the field of Dry Needling in the last 15 years. This has been seen in the number of research articles being published on dry needling, the number of therapists using the technique, and the number of training courses being offered. This has created a situation where there are widely differing standards of training across the different courses worldwide.

ODNS has always striven to be at the forefront of dry needling education. We take clinical efficacy and safety very seriously in the content of what we teach, and apply that to HOW we teach dry needling as well. Benchmarking of dry needling course composition internationally reveals that the reasonably expected
minimum requirement for an introductory course be at least 3 days long, focusing on clinical competency.

ODNS believes that compliance with international best practice not only serves the interests of those therapists who intend to work in different countries during their careers, but also advances the profession and professionalism of physiotherapy. By using the format of a 3 day courses, we are able to deliver high quality content in an educationally effective manner, and comply with international best practice.

**Presenter qualifications**

**Gahl Sela** holds a Bachelor of Science in Physical Therapy as well a Masters degree in Physiotherapy (Manipulative). The subject of his research was palpation skills. He was trained in pelvic floor rehabilitation in the Herman and Wallace program in the USA Gahl has worked in the USA in private practice, and has worked in Israel since 1998 in both Private Practice and the Public sector. He sat on the Board of Directors of the Israel Physiotherapy Society (IPTS) for 5 years. He has taught in the Physiotherapy department of University of Haifa since 2003. He has been involved with facilitating & assisting with the ODNS courses sponsored by the IPTS in Israel since 2009. He has been teaching with ODNS since 2011.

**Assistant qualifications**

Insert relevant CV here

**Underpinning research**


20. Melzack & Wall. The Challenge of Pain, Penguin

stimulation. Journal of applied physiology 94: 2494-2501


Verlag.


