

Dry Needling for pain management and functional rehabilitation Module 3

**Dates : 30th of november & 1st of december 2018
(from 9 am to 5 pm)**

Campus of innovation & sports (CIS), IPHY

500 \$ participant (2 days | 14 hours)

Main language of the training : English

Number of participants : 20

Registration : www.physiotherapie.usj.edu.lb | 01- 421 622
(8 am to 1 pm & from 2 pm to 3 pm) (before the 5th november 2018)

For more informations, please contact :
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Learning outcome :

- **The Neuro Connective Model (Module 3)** Hypothesize that the Human Body has a Neuro Connective Schema (Head to Toe) & FIDN Exactly addresses the Memory of the Schema. The Neuro Connective Schema Memory is based on the Natural Movement Sequences; hence working on the Fascia is like working on the Movement Disorder Syndromes (MDS).
- **This module** especially concentrates on the fact that the Fascia can contract without the influence of the associated Skeletal Muscle & it is possible that the Fascia can go in Relaxation after the Dry Needling Procedure.

Target audience : Students, alumni, professionnels.

Trainer :



Dr Mihir Somaiya

- M.S Pain Management
- Pain Management Consultant & Sports Physical Therapist
- International Partner APTA (American Physical Therapy Association)
- International Partner Sportstherapy Scotland
- Founder & Chief Instructor Functional Integrated Dry Needling for Pain Management and Functional rehabilitation



Day 1 :

9 am to 10:30 am

- Introduction to Neuro Connective domain
- Biomechanics to Neurophysiology in Dry Needling
- What is Neuro Connective Dry Needling Model?
- Introduction to pain (Neurophysiological perspective)

10:45 am to 12:00 Noon

- Dynamics of Neuro Connective Chain
- Needling in the world of Neuro Connective Module
- Study of Movement of Nerves; Indications of Neuro Connective Dry Needling; Mechanism of Action
- Understanding Needles, Nerve Bed, Fascia
- Counterclockwise Manipulation to stretch the Neuro Connective Fascia.
- Introduction to the concept of Functional integrated approach & the concept of pain which is a way perceived by three dimensional structure which is Fascia. The Dysfunctional Movement Syndrome caused by
- Biomechanical Disturbances is diagnosed and released with the help of
- FIDN process.

12 noon to 1 pm : break

1 pm to 2:30 pm

- Superficial Neuro Connective Retro Sequence Needling (SNR)
- (1) SNR involves needling on the Posterior compartment of the human body involving from the Fascial Meridians of Plantar Aponeurosis to Epicranial Fascia working on the three dimensional Fascial System.
- (2) The Fascial components of Superficial Neuro Connective Retro Sequence Needling are:
Plantar Aponeurosis; Gastrosoleus Compartment;
Hamstring; Short Head of Biceps Femoris; Sacro Tubular Ligament;
Multifidi Epicranial Fascia Aponeurosis

2:30 pm to 3:45 pm

- Superficial Neuro Connective Ante Sequence Needling (SNA)
- (1) SNA involves needling on the Anterior compartment of the human body involving from the Fascial Meridians of Extensor Hallucis Brevis to Anterior Scalp working on the three dimensional Fascial System.
- (2) The Fascial components of Superficial Neuro Connective Ante Sequence Needling are:
Extensor Hallucis Brevis; Extensor Digitorum Brevis; Periosteal Pecking of the Anterior Crura; Ligament Patella; Rectus Femoris; etc

4 pm to 5 pm

- Neuro Connective Lateral Sequence Needling (NLR)
- (1) NLR involves needling on the Lateral Compartment of the human body
- involving from the Fascial Meridians of Peroneus Longus to Postero Lateral Semispinalis Fascia working on the three dimensional Fascial System.
- (2) The Fascial components of Neuro Connective Lateral Sequence Needling are:
Peroneus Longus; Anterior Ligament of Head of Fibula; Gluteus Medius; External Oblique; etc

Day 2 :

9 am to 12noon

- Neuro Connective Spiral Sequence Needling (NSS)
- (1) NSS involves needling on the Fascial Meridians with Biomechanical Movement Dysfunctions. The Diagnosis of the Limited Movement Disorder which results in to Pain & Dysfunction is corrected by NSS Method.
- (2) The Fascial components of Neuro Connective Spiral Sequence Needling are: Spiral Line of Lower Limb; Posterior Spiral Line of Lower Limb; Peroneus Longus; Biceps Femoris Long Head; Sacro Tuberos Ligament; TFL; Tibialis Anterior; etc

12 noon to 1pm : break

1:00 pm to 1:45 pm

Superficial Neuro Connective Ante Sequence Needling of Upper Limb

- (1) It involves needling on the Superficial Anterior compartment of the Upper Limb involving from the Fascial Meridians of Abductor Pollicis Brevis to Latissimus Dorsi Fascia working on the three dimensional Fascial System.
- (2) The Fascial components of Superficial Neuro Connective Ante Sequence Needling of Upper Limb are: Abductor Pollicis Brevis; Palmaris Brevis; Abductor Digiti Minimi; Flexor Retinacula; etc

1:45 pm to 2:30 pm

Deep Neuro Connective Ante Sequence Needling of Upper Limb

- (1) It involves needling on the Deep Anterior compartment of the Upper Limb involving from the Fascial Meridians of Thenar Muscles to Clavi Pectoral Fascia working on the three dimensional Fascial System.
- (2) The Fascial components of Deep Neuro Connective Ante Sequence Needling of Upper Limb are: Thenar Muscles; Radial Collateral Ligament; Biceps etc

2:30 to 3 pm

Superficial Neuro Connective Retro Sequence Needling of Upper Limb

- (1) It involves needling on the Superficial Posterior compartment of the Upper Limb involving from the Fascial Meridians of Extensor Groove in forearm to Trapezius working on the three dimensional Fascial System.
- (2) The Fascial components of Superficial Neuro Connective Retro Sequence Needling of Upper Limb are: Extensor Groove in forearm; Lateral Intermuscular Septum (Interosseus Membrane); Deltoid

3 pm to 3:30 pm

Deep Neuro Connective Retro Sequence Needling of Upper Limb

- (1) It involves needling on the Deep Posterior compartment of the Upper Limb involving from the Fascial Meridians of Hypothenar Muscles to Rhomboids working on the three dimensional Fascial System.
- (2) The Fascial components of Deep Neuro Connective Retro Sequence Needling of Upper Limb are: Hypothenar Muscles; Ulnar Collateral Ligament; Ulnar Periosteum etc.

3:45 pm to 4:45 pm

Neuro Connective Functional Sequence Needling (NFS)

- (1) Retro Functional Sequence Needling: It involves needling on the Posterior compartment of the Lower Limb & Trunk together involving from the Fascial Meridians of Sub Patellar Tendon to Latissimus Dorsi working on the three dimensional Fascial System.
- (2) Retro Functional Sequence Needling: It involves needling on the Anterior compartment of the Lower Limb & Trunk together involving from the Fascial Meridians of Adductor Longus to Pectoralis Major working on the three dimensional Fascial System.