

Level 1 & 2 certificate in Dry Needling

Experience the power of dry needling – target muscle pain, improve mobility and feel better faster!



Dry Needling Course:

Level 1: 13th – 15th June 2025

Level 2: 27th – 29th June 2025

Overview

Dry needling is a therapeutic technique used by physical therapists and other healthcare professionals to treat muscle pain and dysfunction. It involves inserting

fine, solid needles into trigger points in muscles, tendons, or ligaments to alleviate pain and improve mobility. If you're considering enrolling in a dry needling course, here's what you need to know.

Course Objectives

A comprehensive dry needling course aims to equip participants with the necessary skills and knowledge to safely and effectively perform dry needling techniques. Key objectives typically include:

- Understanding the theoretical foundations of dry needling and its physiological effects.
- Learning to identify myofascial trigger points and related musculoskeletal conditions.
- Developing proficiency in needling techniques and safety protocols.
- Integrating dry needling into existing therapeutic practices to enhance patient outcomes.

Course Content

Here's an outline of the typical content covered in a dry needling course:

Introduction to Dry Needling

- History and evolution of dry needling
- Comparison with acupuncture and other similar therapies
- Overview of myofascial pain syndrome and trigger points

Anatomy and Physiology

- Detailed review of musculoskeletal anatomy
- Understanding the nervous system's role in pain perception
- Physiology of muscle contraction and relaxation

Dry Needling Techniques

- Identification and palpation of common trigger points
- Needle insertion techniques and depth considerations
- Use of dry needling for different body regions

Safety and Precautionary Measures

- Contraindications and indications for dry needling
- Infection control and needle handling
- Managing patient comfort and addressing adverse reactions

Hands-On Practice

Extensive hands-on practice under the guidance of experienced instructors. This practical component is crucial for developing confidence and competence in dry needling techniques.

Certification and Continuing Education

Upon completion, participants receive a certification that is recognized by professional bodies, contributing to continuing education requirements.

Who Should Attend?

Dry needling courses are generally designed for:

- Licensed physical therapists
- Chiropractors
- Osteopaths
- Level 4 & 5 Sports massage therapists
- Other healthcare professionals who have a background in musculoskeletal care

Course Duration and Format

Courses are taught over 3 days.

Course enrolment

Our dry needling course is delivered by Club Physio. Their elite practitioners are based in South Africa and run courses across the globe. We have welcomed Craig to TeamBath over the last 3 years and his courses are hugely popular.

To enrol on our next course visit [Club Physio](#).

For more information about our dry needling course contact our Head tutor & Programme director Richard Turner

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[Club Physio](#)

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