

# SUBJECT OUTLINE



Subject Name:

## Myofascial Dry Needling 2

Subject Code:

## MSTM322

### SECTION 1 - GENERAL INFORMATION

<b>Award/s:</b>	<b>Total Course Credit Points:</b>	<b>Level:</b>
Bachelor of Health Science (Musculoskeletal)	96	3 <sup>rd</sup> Year
Bachelor of Health Science (Myotherapy)	96	3 <sup>rd</sup> Year
<b>Duration:</b>	1 Semester	
<b>Subject Coordinator:</b>	Stacey Mahboub (Brisbane campus)	
<b>Subject is:</b>	<b>Subject Credit Points:</b>	2
Core		

### Student Workload:

<b>No. timetabled hours per week:</b>	<b>No. personal study hours per week:</b>	<b>Total hours per week:</b>
3	2	5

### Delivery Mode:

Face to Face (On campus) 1 x 3 hour practical

Intensive Delivery (Summer School) Contact hours are delivered over 3 weeks with 2 x 6 hour days delivered per week  
Content: Practical activities

Assessment: Attendance - Weeks 1-3; Oral Presentation - Week 3; Integrated Paper - Week 5; Final Practical Exam (in an additional session) - Week 6

Full Time

Part Time

**Pre-requisites:** MSTM311, MSTC314

**Co-requisites:** MSTC325A

### Special Resource Requirements:

Closed-toe leather footwear

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

This subject broadens the students' knowledge developed in MSTM311 and adds additional therapeutic modalities to their skillsets including myofascial dry needling (MDN) techniques with electrotherapy intramuscular stimulation (EIMS). These skillsets add to the students' armamentarium for dealing with myofascial pain and joint restriction in primary care and rehabilitation settings.

## Learning Outcomes

1. Operate within safety parameters for MDN & EIMS based on current evidence, skin penetration regulations and infection control guidelines.
2. Evaluate historic and current literature to maintain knowledge of latest research about mTPs, MDN, EIMS and issues relevant to the current practice of these modalities.
3. Compare and contrast the paradigms underpinning traditional acupuncture practice, MDN and EIMS.
4. Apply current knowledge of contraindications, precautions and endangerment sites applicable to MDN and EIMS to clinical presentation.
5. Demonstrate advanced clinical proficiency in physical assessment, location of active mTPs and accurate site selection for therapeutic intervention with consideration to relative contraindications and precautions.
6. Justify rationale for decisions regarding the differentiation and selection of superficial and deep dry needling and EIMS.

## Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
<b>Attendance</b> (80% required)	N/A	N/A	Sessions 1-13	Pass/Fail
<b>Oral Presentation</b> with peer review (10 minutes)	2-3, & 6	1-2	Week 5	20%
<b>Integrated Paper</b> (1500-2000 words)	2-3, & 6	1-7	Week 8	30%
<b>Final Practical Exam</b> (30 minutes)	1, 4-6	1-13	Practical Examination Period	50%
All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS				
The overall pass mark for this subject is 50%				
Additionally, students must pass the Final Practical Exam with a mark of not less than 50%				

### Prescribed Readings:

1. Dommerholt, J., & Fernández-de-las-Peñas, C. (2013). *Trigger point dry needling: An evidence and clinical-based approach*. Edinburgh, England: Churchill Livingstone. [eBook available]
2. Ma, Y. (2011). *Biomedical acupuncture for sports and trauma rehabilitation*. St. Louis, MO: Churchill Livingstone. [eBook available]

### Recommended Readings:

1. Baldy, P. E. (2005). *Acupuncture, trigger points and musculoskeletal pain*. Edinburgh, England: Churchill Livingstone. [eBook available]
2. Gunn, C. C. (1996). *The Gunn approach to the treatment of chronic pain: Intramuscular stimulation for myofascial pain of radiculopathic origin* (2<sup>nd</sup> ed.). New York, NY: Churchill Livingstone Elsevier.
3. Neal-Asher, S. (2014). *The concise book of trigger points* (3rd ed.). Berkeley, CA: Churchill Livingstone Elsevier. [eBook available]

Subject Content	
Week	Practicals
<b>1.</b>	<p><b>Introduction</b> (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p><b>Introduction to EIMS</b></p> <ul style="list-style-type: none"> <li>• New patterns of needling for use in EIMS therapy</li> <li>• Infection control &amp; prevention guidelines for safe MDN practice</li> <li>• Safe needle insertion, safe handling and connection of electrostimulation units to simulated clients</li> <li>• Principles of electrotherapy</li> <li>• Indications for EIMS: Myofascial pain, muscle tone and joint range of movement</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Supervised student practice of demonstrated techniques</li> </ul>
<b>2.</b>	<p><b>Myotherapy Career and Multidisciplinary Practice</b></p> <ul style="list-style-type: none"> <li>• Myotherapy in the context of multidisciplinary practice</li> <li>• Myotherapy career information</li> <li>• How to develop a presentation and educational resource for delivery interdisciplinary professional development</li> <li>• Current EIMS evidence review</li> </ul>
<b>3.</b>	<p><b>Trunk and Buttocks</b></p> <ul style="list-style-type: none"> <li>• Anatomy and palpation</li> <li>• Endangerment sites, contraindications and cautions to the area</li> <li>• Differential diagnosis for appropriate application of SDN, DDN and EIMS</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>• SDN, DDN and EIMS techniques specific to each location of treatment</li> <li>• Supervised student practice</li> <li>• Case study application</li> </ul>
<b>4.</b>	<p><b>Upper Limb: Part 1</b></p> <ul style="list-style-type: none"> <li>• Anatomy and palpation</li> <li>• Endangerment sites, contraindications and cautions to the area</li> <li>• Differential diagnosis for appropriate application of SDN, DDN and EIMS</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>• SDN, DDN and EIMS techniques specific to each location of treatment</li> <li>• Supervised student practice</li> <li>• Case study application</li> </ul>
<b>5.</b>	<p><b>Upper Limb: Part 2</b></p> <ul style="list-style-type: none"> <li>• Anatomy and palpation</li> <li>• Endangerment sites, contraindications and cautions to the area</li> <li>• Differential diagnosis for appropriate application of SDN, DDN and EIMS</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>• SDN, DDN and EIMS techniques specific to each location of treatment</li> <li>• Supervised student practice</li> <li>• Case study application</li> </ul>

6.	<b>Thorax</b> <ul style="list-style-type: none"> <li>• Anatomy and palpation</li> <li>• Endangerment sites, contraindications and cautions to the area</li> <li>• Differential diagnosis for appropriate application of SDN, DDN and EIMS</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>• SDN, DDN and EIMS techniques specific to each location of treatment</li> <li>• Supervised student practice</li> <li>• Case study application</li> </ul>
7.	<b>Lower Limb: Part 1</b> <ul style="list-style-type: none"> <li>• Anatomy and palpation</li> <li>• Endangerment sites, contraindications and cautions to the area</li> <li>• Differential diagnosis for appropriate application of SDN, DDN and EIMS</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>• SDN, DDN and EIMS techniques specific to each location of treatment</li> <li>• Supervised student practice</li> <li>• Case study application</li> </ul>
<b>NON-TEACHING WEEK</b> (note that make-up classes may be scheduled in this week) <b>Semester 1</b> - This aligns with the week after Easter so it may fall between Weeks 6 to 8 <b>Semester 2</b> - The non-teaching week falls between Weeks 7 and 8	
8.	<b>Lower Limb: Part 2</b> <ul style="list-style-type: none"> <li>• Anatomy and palpation</li> <li>• Endangerment sites, contraindications and cautions to the area</li> <li>• Differential diagnosis for appropriate application of SDN, DDN and EIMS</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>• SDN, DDN and EIMS techniques specific to each location of treatment</li> <li>• Supervised student practice</li> <li>• Case study application</li> </ul>
9.	<b>Lower Limb: Part 3</b> <ul style="list-style-type: none"> <li>• Anatomy and palpation</li> <li>• Endangerment sites, contraindications and cautions to the area</li> <li>• Differential diagnosis for appropriate application of SDN, DDN and EIMS</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>• SDN, DDN and EIMS techniques specific to each location of treatment</li> <li>• Supervised student practice</li> <li>• Case study application</li> </ul>
10.	<b>Lumbar and Abdomen</b> <ul style="list-style-type: none"> <li>• Anatomy and palpation</li> <li>• Endangerment sites, contraindications and cautions to the area</li> <li>• Differential diagnosis for appropriate application of SDN, DDN and EIMS</li> <li>• Muscle testing to locate specific muscles for assessment and treatment</li> <li>• Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>• SDN, DDN and EIMS techniques specific to each location of treatment</li> <li>• Supervised student practice</li> <li>• Case study application</li> </ul>

<b>11.</b>	<b>Differential Diagnosis</b> <ul style="list-style-type: none"> <li>Differential diagnosis for SDN principles in clinical practice</li> <li>Muscle testing to locate specific muscles for assessment and treatment</li> <li>Selecting treatment sites, MTP locations and mode of treatment</li> <li>SDN, DDN and EIMS techniques specific to each location of treatment</li> </ul>
<b>12.</b>	<b>Differential Diagnosis (continued)</b> <ul style="list-style-type: none"> <li>Differential diagnosis for DDN principles in clinical practice</li> <li>Application of DDN techniques with EIMS</li> <li>Rationale for selected treatment sites, MTP locations and mode of treatment</li> <li>SDN, DDN and EIM techniques specific to each location of treatment</li> <li>Supervised student practice</li> </ul>
<b>13.</b>	<b>Integrating Manual Therapies</b> <ul style="list-style-type: none"> <li>Integration of manual therapies, EIMS with SDN and DDN into clinical practice</li> <li>Group assessment of a case study to determine appropriate methods of treatment through differentiation of presenting signs and symptoms and applying the correct methods and protocols for treatment</li> </ul>
<b>14.</b>	<b>Non-Teaching Week/Practical Examination Week 1</b> Note that make-up classes may be scheduled in this week
<b>15.</b>	<b>Non-Teaching Week/Practical Examination Week 2</b> Note that make-up classes may be scheduled in this week
<b>16.</b>	<b>Final Examination Week 1</b> There is no final exam for this subject
<b>17.</b>	<b>Final Examination Week 2</b> There is no final exam for this subject