

# 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 (Myotherapy)	96	3 <sup>rd</sup> Year
Bachelor of Health Science (Musculoskeletal Therapy)	96	3 <sup>rd</sup> Year
<b>Duration:</b> 1 Semester		
<b>Subject Coordinator:</b> Brent Cunningham (Brisbane campus)		
<b>Subject is:</b> Core	<b>Subject Credit Points:</b> 2	

#### Student Workload:

No. timetabled hours per week:	No. personal study hours per week:	Total hours per week:
3	2	5

#### Delivery Mode:

Face to face	3 hour practical
Intensive delivery	Details: Summer School – contact hours are delivered over 3 weeks with 2 x 6 hour days delivered per week. Assessment: Mid-semester and Final Practical assessments for the Summer School are completed in additional sessions in weeks 2 & 3 of the intensive. Literature review for intensive delivery is due to be uploaded by Sunday on the week assigned throughout the Summer School period (week 4).
Full Time	
Part Time	

**Pre-requisites:** MSTM311, MSTC314

**Co-requisites:** MSTC325A

**Special resource requirements:** Working with Children Check (varies by State)  
Current Provide First Aid (HLTAID003) competency  
Closed-toe leather (or similar) footwear. No sneakers, sandals, etc

### 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 for dealing with myofascial pain and joint restriction in primary care and rehabilitation settings.

#### Learning Outcomes

1. Demonstrate current knowledge of regulations relevant to skin penetration practices.
2. Demonstrate the ability to search 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. Demonstrate current knowledge of contraindications, precautions and endangerment sites applicable to MDN and EIMS.

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. Demonstrate the ability to differentiate between the application of superficial and deep dry needling and EIMS.

### Assessment Tasks

Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
<b>Attendance</b> (80% attendance is required)	N/A	1-13	1-13	Pass/Fail
<b>Mid-semester Practical Exam</b> (30 mins per student)	1-4	1-4	5	20%
<b>Integrated Paper</b> (1500-2000 words)	1,2,3	1-7	8	30%
<b>Final Practical Exam</b> (30 mins per student)	1,4-6	1-13	Practical Exam Period	50%

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 chronic pain*. 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	Lectures
1.	<b>Introduction to EIMS</b> New patterns of needling for use in EIMS therapy Safe needle insertion, safe handling and connection of electrostimulation units to simulated clients Principles of electrotherapy Indications for EIMS: myofascial pain, muscle tone and joint range of movement Muscle testing to locate specific muscles for assessment and treatment Supervised student practice of demonstrated techniques

2.	<b>Trunk and buttocks</b> Anatomy and palpation Endangerment sites, contraindications and cautions to the area Differential diagnosis for appropriate application of SDN, DDN and EIMS Muscle testing to locate specific muscles for assessment and treatment Rationale for selected treatment sites, MTP locations and mode of treatment SDN, DDN and EIMS techniques specific to each location of treatment Supervised student practice
3.	<b>Upper limb 1</b> Anatomy and palpation Endangerment sites, contraindications and cautions to the area Differential diagnosis for appropriate application of SDN, DDN and EIMS Muscle testing to locate specific muscles for assessment and treatment Rationale for selected treatment sites, MTP locations and mode of treatment SDN, DDN and EIMS techniques specific to each location of treatment Supervised student practice
4.	<b>Upper limb 2</b> Anatomy and palpation Endangerment sites, contraindications and cautions to the area Differential diagnosis for appropriate application of SDN, DDN and EIMS Muscle testing to locate specific muscles for assessment and treatment Rationale for selected treatment sites, MTP locations and mode of treatment SDN, DDN and EIMS techniques specific to each location of treatment Supervised student practice
5.	<b>Mid-semester practical exam</b>
6.	<b>Thorax</b> Anatomy and palpation Endangerment sites, contraindications and cautions to the area Differential diagnosis for appropriate application of SDN, DDN and EIMS Muscle testing to locate specific muscles for assessment and treatment Rationale for selected treatment sites, MTP locations and mode of treatment SDN, DDN and EIMS techniques specific to each location of treatment Supervised student practice
7.	<b>Lower limb 1</b> Anatomy and palpation Endangerment sites, contraindications and cautions to the area Differential diagnosis for appropriate application of SDN, DDN and EIMS Muscle testing to locate specific muscles for assessment and treatment Rationale for selected treatment sites, MTP locations and mode of treatment SDN, DDN and EIMS techniques specific to each location of treatment Supervised student practice
<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 break week falls between Weeks 7 and 8.	
8.	<b>Lower limb 2</b>

	<p>Anatomy and palpation</p> <p>Endangerment sites, contraindications and cautions to the area</p> <p>Differential diagnosis for appropriate application of SDN, DDN and EIMS</p> <p>Muscle testing to locate specific muscles for assessment and treatment</p> <p>Rationale for selected treatment sites, MTP locations and mode of treatment</p> <p>SDN, DDN and EIMS techniques specific to each location of treatment</p> <p>Supervised student practice</p>
<b>9.</b>	<p><b>Lower limb 3</b></p> <p>Anatomy and palpation</p> <p>Endangerment sites, contraindications and cautions to the area</p> <p>Differential diagnosis for appropriate application of SDN, DDN and EIMS</p> <p>Muscle testing to locate specific muscles for assessment and treatment</p> <p>Rationale for selected treatment sites, MTP locations and mode of treatment</p> <p>SDN, DDN and EIMS techniques specific to each location of treatment</p> <p>Supervised student practice</p>
<b>10.</b>	<p><b>Lumbar and abdomen</b></p> <p>Anatomy and palpation</p> <p>Endangerment sites, contraindications and cautions to the area</p> <p>Differential diagnosis for appropriate application of SDN, DDN and EIMS</p> <p>Muscle testing to locate specific muscles for assessment and treatment</p> <p>Rationale for selected treatment sites, MTP locations and mode of treatment</p> <p>SDN, DDN and EIMS techniques specific to each location of treatment</p> <p>Supervised student practice</p>
<b>11.</b>	<p><b>Differential diagnosis</b></p> <p>Demonstration of differential diagnosis for SDN principles in clinical practice</p> <p>Muscle testing to locate specific muscles for assessment and treatment</p> <p>Selecting treatment sites, MTP locations and mode of treatment</p> <p>SDN, DDN and EIMS techniques specific to each location of treatment</p>
<b>12.</b>	<p><b>Differential diagnosis</b></p> <p>Demonstration of differential diagnosis for DDN principles in clinical practice</p> <p>Application of DDN techniques with EIMS</p> <p>Rationale for selected treatment sites, MTP locations and mode of treatment</p> <p>SDN, DDN and EIM techniques specific to each location of treatment</p> <p>Supervised student practice of demonstrated techniques to the trunk and lower back</p>
<b>13.</b>	<p><b>Integrating manual therapies</b></p> <p>Demonstration of integrating manual therapies, EIMS with SDN and DDN into clinical practice</p> <p>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</p>
<b>14.</b>	<b>Study Week / Practical Exam Week 1. Note that make-up classes may be scheduled in this week.</b>
<b>15.</b>	<b>Study Week / Practical Exam Week 2. Note that make-up classes may be scheduled in this week.</b>
<b>16.</b>	<p><b>Final Exam Week 1</b></p> <p>There is no final written exam for this subject</p>
<b>17.</b>	<p><b>Final Exam Week 2</b></p> <p>There is no final written exam for this subject</p>