



SUBJECT OUTLINE

Subject Name:

Myofascial Dry Needling 1

Subject Code:

MSTM311

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Myotherapy)	96	Core 1 st Year
Duration:	1 Semester	
Subject Coordinator:	Stiofan MacSuihbne (Sydney Campus)	
Subject is:	Subject Credit Points:	2
Core		

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
(On Campus)

Intensive Delivery Contact hours are delivered over 5 weeks with 2 x 4.5 hour days delivered per week
(Summer School) Assessment: Attendance - Weeks 1-5; Mid-semester Practical Exam - Week 3; Progressive Workbook - Week 4; Final Practical Exam - Week 5

Full Time

Part Time

Pre-requisites: MSTN121, MSTA212, MSTC223

Co-requisites: Nil

Special Resource Requirements:

Flat soled, closed toe leather footwear or approved equivalent

HLTAID003 Provide first aid (VET unit of competency)

WWCC (or its equivalent) for the location in which subject is undertaken as per [Working with Children Check Policy](#)

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Students are introduced to the historical origins and development of myofascial dry needling (MDN). This subject introduces and explores the application of MDN as a valid adjunctive therapy in the treatment of musculoskeletal conditions. This introduction encompasses the principles and techniques of MDN and its application in a range of musculoskeletal conditions, with particular emphasis on the treatment of myofascial trigger points and myofascial pain syndrome, pain associated with soft-tissue injuries and osteoarthritis. Students will expand on their existing



knowledge of pain science and its role in the assessment and treatment of a range of conditions. Protocols pertinent to infection control, personal and clinical hygiene including skin penetration are strengthened to comply with current health and safety regulations. Students will be assessed for demonstrated clinical efficacy, personal and client safety. This subject is a pre-requisite for MSTM322, Myofascial Dry Needling 2.

Learning Outcomes

1. Distinguish between musculoskeletal pain presentations in the context of the myotherapy scope of practice.
2. Discuss the neurophysiological mechanisms by which myofascial dry needling (MDN) contributes to the management of musculoskeletal presentations.
3. Adhere to work health and safety regulations for safe skin penetration, and endangerment sites applicable to MDN.
4. Demonstrate the ability to palpate and select a MTP site for MDN application with consideration to relative contraindications and precautions.
5. Choose between the safe application of superficial and deep dry needling relative to client presentation.
6. Organise the application of MDN in treatment plan relative to other therapeutic interventions.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Attendance (80% required)	N/A	N/A	Sessions 1-13	Pass/Fail
Mid-semester Practical Exam (30 minutes)	3-5	1-6	Session 7	35%
Progressive Workbook	1-3, 5-6	1-11	Week 12	30%
Final Practical Exam (30 minutes)	2-5	1-12	Session 13	35%

All written assessments and online quizzes are due at 11:55 p.m. Sunday 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*. (2nd ed.). Churchill Livingstone. [ebook available]



Recommended Readings:

1. Garrido, F. V., & Munoz, F. M. (Eds.). (2016). *Advanced techniques in musculoskeletal medicine and physiotherapy: Using minimally invasive therapies in practice*. Elsevier.
2. Neal-Asher, S. (2014). *The concise book of trigger points: A professional and self- help manual* (3rd ed.). North Atlantic Books. [ebook available]
3. White, A., Cummings, M. & Filshie, J. (2008). *An Introduction to Western Medical acupuncture*. Churchill Livingstone.

Subject Content	
Week	Practical
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Introduction to MDN</p> <ul style="list-style-type: none"> ➤ Origin and development of needling techniques in musculoskeletal conditions ➤ Situating MDN within the myotherapy scope of practice ➤ Client selection, contraindications and consenting ➤ Differentiation of the proposed mechanisms and uses of superficial and deep MDN <p>Revision of trigger point locations and referral patterns</p> <ul style="list-style-type: none"> ➤ Palpation techniques ➤ Locating key trigger points ➤ Locating satellite trigger points <p>Familiarisation with health and safety regulations to skin penetration and universal precautions in infection control</p> <ul style="list-style-type: none"> ➤ Handwashing ➤ Gloves ➤ Footwear ➤ Skin sterilisation ➤ Needle insertion and disposal ➤ Skin penetration regulations ➤ Regulatory framework
2.	<p>Protocols for assessment for MDN interventions</p> <ul style="list-style-type: none"> ➤ Needling technique using guide tube insertion for SDN and DDN applications <p>Treatment of trigger points using dry needling</p> <ul style="list-style-type: none"> ➤ Mechanisms of trigger point activation/deactivation ➤ Indications for myofascial dry needling ➤ Neurophysiology of pain and the mechanisms of dry needling in the treatment of myofascial pain ➤ Locate painful MTPs for consideration of needle insertion in preference to ischemic pressure



	<p>Introduction to needling and demonstration of basic needling application methods</p> <ul style="list-style-type: none"> ➤ Supervised student practice of demonstrated techniques
3.	<ul style="list-style-type: none"> ➤ Anatomy and palpation of specific muscles, trigger points and referral patterns of the arm and forearm ➤ Protocols for assessment for MDN interventions ➤ Review endangerment sites, contraindications and precautions to this area ➤ Demonstration of dry needling to muscles of the upper limb <p>Supervised student practice of demonstrated techniques</p>
4.	<p>Anatomy and palpation of specific muscles, trigger points and referral patterns of the rotator cuff and shoulder</p> <ul style="list-style-type: none"> ➤ Protocols for assessment for MDN interventions ➤ Review endangerment sites, contraindications and precautions to this area ➤ Demonstration of dry needling of muscles to the upper limb <p>Surface anatomy – workshop on the spine, lungs and mediastinum</p> <p>Supervised student practice of demonstrated techniques</p> <p>Review of the research for dry needling (review of journal articles)</p>
5.	<p>Anatomy and palpation of specific muscles, trigger points and referral patterns of the head, neck and thorax</p> <ul style="list-style-type: none"> ➤ Protocols for assessment for MDN interventions ➤ Review endangerment sites, contraindications and precautions to this area ➤ Demonstration of dry needling of muscles to the region <p>Supervised student practice of demonstrated techniques</p> <p>Following an evidence-informed approach to dry needling (review of journal articles)</p>
6.	<p>Anatomy and palpation of specific muscles, trigger points and referral patterns of lumbar spine pelvis and hip</p> <ul style="list-style-type: none"> ➤ Protocols for assessment for MDN interventions ➤ Review endangerment sites, contraindications and precautions to this area ➤ Demonstration of dry needling of muscles to the lower limb <p>Supervised student practice of demonstrated techniques</p>
7.	<p>Mid-semester Practical Exam</p>
	<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)</p> <p>Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8</p> <p>Semester 2 – The non-teaching week falls between Weeks 7 and 8</p>
8.	<p>Anatomy and palpation of specific muscles, trigger points and referral patterns of the thigh</p> <ul style="list-style-type: none"> ➤ Protocols for assessment for MDN interventions ➤ Review endangerment sites, contraindications and precautions to this area ➤ Demonstration of dry needling of muscles of the thigh



	Supervised student practice of demonstrated techniques
9.	<p>Anatomy and palpation of specific muscles, trigger points and referral patterns of the leg and foot</p> <ul style="list-style-type: none"> ➤ Protocols for assessment for MDN interventions ➤ Review endangerment sites, contraindications and precautions to this area ➤ Demonstration of dry needling of muscles to the lumbar region ➤ Supervised student practice of demonstrated techniques <p>Frontiers in dry needling research (review of journal articles)</p>
10.	<p>Integration of needling techniques and manual therapy interventions</p> <ul style="list-style-type: none"> ➤ Discussion and workshop on MDN over lung fields and harm minimisation strategies ➤ Specific case scenarios to develop management plans using SDN, DDN and manual therapy. ➤ Determine appropriate methods of treatment through differentiation of presenting signs and symptoms and applying rational treatment protocols.
11.	<p>Integration of needling techniques and manual therapy interventions</p> <ul style="list-style-type: none"> ➤ Discussion and workshop on MDN interventions in acute injuries ➤ Specific case scenarios to develop management plans using SDN, DDN and manual therapy ➤ Determine appropriate methods of treatment through differentiation of presenting signs and symptoms and applying rational treatment protocols
12.	<p>Integration of needling techniques and manual therapy interventions</p> <ul style="list-style-type: none"> ➤ Discussion and workshop on MDN interventions in the management of MPS, chronic pain and degenerative conditions. ➤ Specific case scenarios to develop management plans using SDN, DDN and manual therapy ➤ Determine appropriate methods of treatment through differentiation of presenting signs and symptoms and applying rational treatment protocols
13.	Final Practical Exam
14.	<p>Non-Teaching Week/Practical Examination Week 1</p> <p>Note that make-up classes may be scheduled in this week</p>
15.	<p>Non-Teaching Week/Practical Examination Week 2</p> <p>Note that make-up classes may be scheduled in this week</p>
16.	<p>Final Examination Week 1</p> <p>There is no final exam for this subject</p>
17.	<p>Final Examination Week 2</p> <p>There is no final exam for this subject</p>