



SUBJECT OUTLINE

Subject Name:

Myofascial Dry Needling 2

Subject Code:

MSTM322

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Myotherapy)	96	3 rd Year
Duration:	1 Semester	
Subject Coordinator: John Currie (Brisbane 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 (On Campus) 1 x 3 hour practical

Intensive Delivery (Summer School) Contact hours are delivered over 5 weeks with 9 hours delivered per week
Assessment: Attendance – Weeks 1-5; 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:

Flat soled, closed toe leather footwear or approved equivalent

Two bath-sheet sized towels per student (Clinic towels must not be used)

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 to trigger points (mTPs) and superficial structures 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. Effectively communicate regarding the mechanisms and relevance of mTPs, MDN and EIMS.
2. Evaluate research relating to mTPs, MDN, EIMS and issues relevant to the current practice of these modalities.
3. Discuss similarities and differences in paradigms underpinning traditional acupuncture practice, MDN and EIMS.
4. Appraise the effectiveness and safety of MDN and EIMS.
5. Demonstrate advanced clinical proficiency in physical assessment, location of active mTPs, accurate site selection and 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
Attendance (80% required)	N/A	N/A	Sessions 1-13	Pass/Fail
Oral Presentation with peer review (10 minutes)	1-3, & 6	1-2	Week 5	20%
Integrated Paper (1500-2000 words)	1-4, & 6	1-7	Week 8	30%
Final Practical Exam (30 minutes)	1, 4-6	1-13	Practical Examination Period	50%

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. (2018). *Trigger point dry needling: An evidence and clinical-based approach* (2nd ed.). Churchill Livingstone. [ebook available]
2. Ma, Y. (2011). *Biomedical acupuncture for sports and trauma rehabilitation*. Churchill Livingstone. [ebook available]



Recommended Readings:

1. Baldy, P. E. (2005). *Acupuncture, trigger points and musculoskeletal pain: A scientific approach to acupuncture for use by doctors and physiotherapists in the diagnosis and management of myofascial trigger point pain* (3rd ed.). 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* (2nd ed.). Churchill Livingstone; Elsevier.
3. Neal-Asher, S. (2014). *The concise book of trigger points: A professional and self-help manual* (3rd ed.). Churchill Livingstone; Elsevier. [ebook available]

Subject Content

Week	Practicals
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Introduction to EIMS</p> <ul style="list-style-type: none"> ➤ New patterns of needling for use in EIMS therapy ➤ Infection control & prevention guidelines for safe MDN practice ➤ 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.	<p>Myotherapy Career and Multidisciplinary Practice</p> <ul style="list-style-type: none"> ➤ Myotherapy in the context of multidisciplinary practice ➤ Myotherapy career information ➤ How to develop a presentation and educational resource for delivery interdisciplinary professional development ➤ Current EIMS evidence review
3.	<p>Trunk and Buttocks</p> <ul style="list-style-type: none"> ➤ 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 ➤ Case study application
4.	<p>Upper Limb: Part 1</p> <ul style="list-style-type: none"> ➤ Anatomy and palpation ➤ Endangerment sites, contraindications and cautions to the area



	<ul style="list-style-type: none"> ➤ 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 ➤ Case study application
5.	<p>Upper Limb: Part 2</p> <ul style="list-style-type: none"> ➤ 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 ➤ Case study application
6.	<p>Thorax</p> <ul style="list-style-type: none"> ➤ 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 ➤ Case study application
7.	<p>Lower Limb: Part 1</p> <ul style="list-style-type: none"> ➤ 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 ➤ Case study application
	<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>Lower Limb: Part 2</p> <ul style="list-style-type: none"> ➤ Anatomy and palpation ➤ Endangerment sites, contraindications and cautions to the area



	<ul style="list-style-type: none"> ➤ 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 ➤ Case study application
9.	<p>Lower Limb: Part 3</p> <ul style="list-style-type: none"> ➤ 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 ➤ Case study application
10.	<p>Lumbar and Abdomen</p> <ul style="list-style-type: none"> ➤ 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 ➤ Case study application
11.	<p>Differential Diagnosis</p> <ul style="list-style-type: none"> ➤ Differential diagnosis for SDN principles in clinical practice ➤ Muscle testing to locate specific muscles for assessment and treatment ➤ Selecting treatment sites, MTP locations and mode of treatment ➤ SDN, DDN and EIMS techniques specific to each location of treatment
12.	<p>Differential Diagnosis (Continued)</p> <ul style="list-style-type: none"> ➤ Differential diagnosis for DDN principles in clinical practice ➤ Application of DDN techniques with EIMS ➤ Rationale for selected treatment sites, MTP locations and mode of treatment ➤ SDN, DDN and EIM techniques specific to each location of treatment ➤ Supervised student practice
13.	<p>Integrating Manual Therapies</p> <ul style="list-style-type: none"> ➤ Integration of manual therapies, EIMS with SDN and DDN into clinical practice



	<ul style="list-style-type: none"> 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
14.	Non-Teaching Week/Practical Examination Week 1 Note that make-up classes may be scheduled in this week
15.	Non-Teaching Week/Practical Examination Week 2 Note that make-up classes may be scheduled in this week
16.	Final Examination Week 1 There is no final exam for this subject
17.	Final Examination Week 2 There is no final exam for this subject