

TRIGGER POINT DRY NEEDLING

Minimum Award Level:	Post Graduate Level <i>(requires suitable undergraduate qualification as a pre-requisite)</i>		
Minimum Total Hours	100	Total Core Component Hours	100

Core Components

Trigger Point Dry Needling Practices or Principles	80 hours
Supervised Clinical Training	20 hours

Notes

Recognition for Trigger Point Dry Needling is at a Post Graduate level and a pre-requisite qualification and membership with ATMS in any of the following modalities is essential.

- ▶ Remedial Massage (minimum of an Advanced Diploma level qualification or equivalent)
- ▶ Traditional Chinese Massage (minimum of Advanced Diploma level qualification or equivalent)
- ▶ Chiropractic (minimum of Bachelor Degree qualification or equivalent)

ATMS defines face to face practical study as only study which in the opinion of ATMS is undertaken in the physical presence of the lecturer, tutor, and presenter. It excludes all forms of study delivered remotely by electronic and similar modes, and including even those that allow for real time interaction between lecturer/students and students/students. It also excludes all home study, prior reading/study for lessons, research for assignments, unless done in the physical presence of the subject lecturer, tutor, presenter etc.

For recognition in Trigger Point Dry Needling, ATMS requires a minimum of 100 hours of practical training, examination and assessment to be done by face to face training.

Evidence of compliance with the Skin Penetration Act must be provided to ATMS upon request.

These are the Minimum Education Standards for ATMS Accreditation, however, no training in needling, manipulation, ingestible medicine or electrophysical therapies can be included unless otherwise indicated in these Standards. The ATMS Minimum Education Standards are subject to ongoing review and therefore may change at any time without notice.

Trigger Point Dry Needling

Minimum total hours for this component: 100

Learning Outcomes

- Describe the history and development of Trigger Point Dry Needling technique
- Define Trigger Point Dry Needling
- Differentiate between Trigger Point Dry Needling and traditional Chinese acupuncture
- Demonstrate an understanding of the concept of trigger points and how they develop
- Demonstrate the ability to locate trigger points on the human body
- Discuss the neurophysiology of pain
- Discuss the management of pain through digital trigger point therapy
- Demonstrate the management of pain through digital trigger point therapy
- Explain the limitations of digital trigger point therapy in pain management and treatment of soft tissue dysfunction
- Discuss the management of pain and soft tissue dysfunction through Trigger Point Dry Needling therapy
- Explain the role of Trigger Point Dry Needling within the scope of practice of remedial massage therapy
- Describe contraindications and precautions for the use of Trigger Point Dry Needling therapy
- Explain the importance of health and safety procedures in relation to Trigger Point Dry Needling
- Demonstrate needling techniques to prevent injury to blood vessels, nerves, organs, joints, and implanted devices
- Discuss health and safety regulations and legislation of relevance to Trigger Point Dry Needling therapy (Federal, State and Local Government)
- Demonstrate the implementation of infection prevention and control in the clinical application of Trigger Point Dry Needling (including hygiene measures, hand and foot protection, management of bleeding and blood spills, disposal of needles and waste)
- Explain the differences between superficial Dry Needling technique and deep Dry Needling technique
- Demonstrate Trigger Point Dry Needling techniques, including deep Dry Needling and superficial Dry Needling techniques, to the various regions of the body (upper and lower extremities, head, neck and thorax, abdomen, lower back)
- Discuss the use of vapocoolant sprays and stretching in the deactivation of trigger points
- Explain the importance of informed consent where Trigger Point Dry Needling may be considered in the treatment of a client
- Demonstrate the management of pain and soft tissue dysfunction through the clinical application of Trigger Point Dry Needling therapy
- Explain the information required for client record-making where Trigger Point Dry Needling is performed (to include needle selection, needling depth, duration of needling, patient response)
- Demonstrate effective recording of client information and treatment details where Trigger Point Dry Needling is performed

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