

IAR  
INSTITUTE FOR ATHLETE REGENERATION

**REGENERATIVE DRY NEEDLING IN SPORTS REHABILITATION**

The Institute for Athlete Regeneration offers a superior dry needling course that is truly unmatched in the market. This course covers in depth the major theoretical models of dry needling, and how each model can be individually adapted to the different pain states and soft tissue pathologies specific to the sports population. Upon completion of the course, the clinician will possess an extremely comprehensive intervention strategy that combines dry needling, manual therapy, and exercise prescription into an incomparable treatment model.

**Course Objectives:**

*By the end of this course the participant will:*

1. Have sufficient foundational knowledge in the background of DN principles.
2. Have sufficient foundational knowledge in the physiology and mechanics of DN.
3. Have sufficient foundational knowledge in safe and effective DN application.
4. Be able to safely and effectively apply DN in the lumbar and pelvic region.
5. Be able to safely and effectively apply DN in the cervical and TMJ region.
6. Be able to safely and effectively apply DN in the shoulder complex and arm.
7. Be able to safely and effectively apply DN in the hip, leg, foot, and ankle region.

| <b>Day 1: Foundations &amp; Spine &amp; Lower Leg</b>  | <b>Day 2: Hip / Thigh / Shoulder / Arm</b>   |
|--|--|
| <ul style="list-style-type: none"><li>• Foundations in Dry Needling</li><li>• Lumbar &amp; SIJ DN Principles</li><li>• Lumbar &amp; SIJ DN Application</li><li>• Cervical DN Principles</li><li>• Cervical DN Application</li><li>• Lower Leg DN Principles</li><li>• Lower Leg DN Application</li></ul> | <ul style="list-style-type: none"><li>• Hip &amp; Thigh DN Principles</li><li>• Hip &amp; Thigh DN Application</li><li>• Shoulder Complex DN Principles</li><li>• Shoulder DN Application</li><li>• Arm &amp; Wrist DN Principles</li><li>• Arm &amp; Wrist DN Application</li></ul> |

**DATES:** Tuesday, June 18 and Wednesday, June 19, 2019  
**TIME:** 8:00am – 5:00pm  
**LOCATION:** JW Marriott Hotel - Austin  
**COST:** \$695.00 (including continental breakfast and coffee during breaks)  
**REGISTRATION:** Opens March 4th at [www.phats-sphem.com](http://www.phats-sphem.com)

All participants receive a comprehensive course workbook, and will be **Level I R-DN Certified** upon completion of the course.



IAR (BOC AP# P10127) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 16 Category A CEUs.

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