



# Functional Integrated Needling for Pain Management



Presented by: Dr. Mark Scappaticci

Register now at:  
[www.DryNeedling.ca](http://www.DryNeedling.ca)

## Why this training program?

Dr. Scappaticci, founder of the FIT Institute, has developed a unique, contemporary pain management approach using dry needling. The approach is called *Functional Integrated Needling*. This training program - *Functional Integrated Needling for Pain Management* - takes the best of various dry needling modalities and combines them with key lessons and findings derived from Dr. Scappaticci's 20-plus years of clinical experience in the management and treatment of chronic pain and sports injuries. Participation in this training program will enable health care providers, with no prior needling experience, to be able to safely and confidently insert needles for the management of painful MSK conditions in all regions of the body.



The FIT Institute is approved by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. 25 CEU'S Available for Athletic Trainers

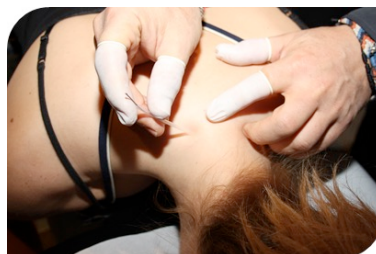


## What is dry needling and what are the potential benefits?

Dry needling, also known as intramuscular therapy, is the use of solid filiform needles for the treatment of musculoskeletal pain and soft tissue dysfunction. The insertion of needles into specific targets helps to increase local blood flow to tissue and relax muscle tension. Dry needling can also stimulate endorphin release, the body's natural pain relieving chemical. Dry needling is a very effective modality in treating a variety of painful disorders, both acute and chronic.

## Format

The program involves 25 hours of intensive, classroom-based practical learning including several mastery evaluation sessions, which are intended to provide feedback to participants regarding their mastery of key concepts and techniques. These mastery evaluation sessions and extensive lab practice sessions will allow participants to practice and receive thorough and personalized feedback and instruction.



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## Objective

- Able to name the effects of dry needling on the CNS (**Knowledge**)
- Able to explain the effects of dry needling on the CNS (**Understanding**)
- Able to explain the effects of dry needling on muscles (**Understanding**)
- Able to explain relative contraindications for needling (**Understanding**)
- Able to explain absolute contraindications for needling (**Understanding**)
- Able to explain cautions for needling (**Understanding**)
- Able to identify dry needling endangerment sites (**Applying**)
- Can name and apply procedures for clean needling technique and dry needle safety procedures (**Understanding/Applying**)
- Able to explain what a Central Nervous System Target is (**Understanding**)
- Able to explain what a Para spinal Target is (**Understanding**)
- Able to explain what a Trigger point is (**Understanding**)
- Able to explain what a Taught band is (**Understanding**)
- Able to explain when a CNS, PS, or TP target is symptomatic (**Understanding**)
- Able to examine soft tissue and identify through palpation CNS, PS, TP, & Taut Band targets (**Analyzing/Applying**)
- Able to inspect through palpation and identify selected neural structures in the upper extremity, lower extremity, and trunk (**Analyzing/Applying**)
- Able to palpate and identify selected muscular structures in the upper extremity, lower extremity, and trunk (**Analyzing/Applying**)
- Able to determine and construct a dry needling treatment plan based on symptomology and evaluation findings (**Evaluate/Create**)

## About Dr. Mark Scappaticci

Dr. Scappaticci, DC, BSc(Hons), DAp, FRCCSS(c), CKTI is the originator of *Functional Integrated Therapy*™ an innovative and highly successful approach used to manage injuries and enhance athletic performance. He manages recovery and performance optimization for top professional and amateur athletes from around the world. The list of athletes he has treated includes top performers from the National Hockey League, Major League Baseball, the National Football League, the National Basketball Association and the Canadian Football League, as well as Olympic and World Championship track and field athletes. Dr. Scappaticci is a doctor of Chiropractic with a fellowship in Chiropractic Sports Sciences, a Lead Instructor of Active Release Techniques, director of the Functional Integrated Needling program, past certified Kinesio Taping Instructor, as well as the inventor of the Fascial Abrasion Technique Tool.

### Cancellation Policy

The FIT Institute understands that cancellations or schedule changes are sometimes inevitable. If you need to cancel or change your registration for any reason our policy is outlined below.

If you cancel 2 weeks or more prior to the course date, we will provide you with a refund minus a \$100 administrative fee, or you may transfer your registration to another course date at no charge. The rescheduled course date must be within 1 year of the original course date. If you cancel within 2 weeks of the course date, a refund cannot be provided, but you may transfer your registration to another course date at no charge. The rescheduled course date must be with 1 year of the original course date.

## Course Outline

### INTRODUCTION

- Overview of Functional Integrated Needling System

### THE MECHANICS OF PAIN

- Neurophysiological explanation of nociception

### WHAT IS FUNCTIONAL INTEGRATED NEEDLING

- Description of needling modalities

### MECHANISMS OF DRY NEEDLING

- Local and central effects

### SAFETY ISSUES AND POSSIBLE REACTIONS

- Overview of most common safety issues and relation to prevention and clinical practices
- Contraindications

### NEEDLING TECHNIQUES AND ETIQUETTE

- Review of proper needle handling and clean needling insertion techniques

### PALPATION AND NEEDLE INSERTION PRACTICE

- Trigger point palpation and needle insertion practice

### HOMEOSTASIS LOCATION AND NEEDLE PRACTICE

- Peripheral nerve target location and insertion

### PARAVERTEBRAL NEEDLING

- Needle insertion at lumbar region

### TRIGGER POINT NEEDLING: LOCATION AND INSERTION PRACTICE

- Face • TMJ • Neck • Shoulder • Low back • Hip • Knee • Ankle • Foot

### COURSE REVIEW AND LEARNER TESTING/FINAL EXAMINATION

## Continuing Education Credits\*

#### Physiotherapists/Physiotherapist Assistants

This course has been approved by the Texas Physical Therapy Examiners as meeting continuing competence requirements for PTs and PTAs.

#### Massage Therapists

This course has been approved by NCBTMB, National Certification Board for Therapeutic Massage & Body work.

This course has been approved by the Quality Assurance Program (QAP) of the College of Massage Therapists of Ontario for 12.5 Continuing Education Units.

#### Athletic Trainers

This course has been approved by the Board of Certification for the Athletic Trainer (BOC). The Program has been approved for Category A CEU'S for Athletic Trainers, for 25 CEU's.

#### Chiropractors

The FIT Institute is recognized by the PACE program of the Federation of Chiropractic Licensing Boards

#### Disclaimers:

\*Please note it is your responsibility to check with your licensing board to make sure you can use the techniques presented in this seminar.

\*\*License Renewal: While applications relating to credit hours for license renewal in selected states have been executed for these programs, it remains attendees' responsibility to contact the state board(s) from whom they seek continuing education credits for purposes of ensuring said board(s) approve both venue and content as they relate to any seminar/course/lecture/webinar /online presentation (event).