

# 2024 Annual Pain Care Skills Training

**Workshop Title: Dry Needling/ TPI / PENS**

**Presented by: Dr. Chelsea Hamilton**

**Offered: 20 AUG 2024 PM 1230-1630 EST**

**Location: NIH Natcher Center, Room E1/E2**

**Course Description:** This class will cover the historical and current uses of dry needling, trigger point injection (TPI) and percutaneous electric nerve stimulation (PENS) in the treatment of acute and chronic pain. The research and science behind these modalities will be reviewed. For healthcare providers interested in underlying causes of chronic pain, this course will describe historic injuries and structural issues that often cause the most common pain complaints. We will also review the role central sensitization plays in the chronification of pain. Fibromyalgia, myofascial pain, neuropathic pain, joint pain and sports injuries have been successfully treated with these modalities. We will review basic needling technique, pitfalls and precautions of treatment, patient selection and design of individual treatments. Students will get hands on experience with the placement of needles and the setup of circuitry, putting into practice what they learn with preceptors to guide their technique. This course is designed to equip the primary care physician with non-medication, acupuncture-based tools to address complex pain complaints.

## **Learning Objectives:**

- 1) To inform participants of the history, research, and science of dry needling, TPI and PENS.
- 2) To describe the indications and applications of dry needling, TPI and PENS in the care of complex pain patients.
- 3) To review the role of central sensitization in the chronification of pain.
- 4) To demonstrate needle technique and permit students hands on practice.
- 5) To review pitfalls/precautions in performing dry needling, TPI and PENS.
- 6) To demonstrate needle placement and circuitry setup.

## **20 AUG AM Agenda**

- 1230-1300** Historic and current use of dry needling, TPI and PENS  
I. Research and Science  
II. Causes of chronic pain, central sensitization
- 1300-1345** Dry Needling  
I. Review of technique, pitfalls, and precautions  
II. Practice session
- 1345-1530** TPI  
I. Travell and Simons myotomal map  
II. Review of technique, pitfalls, and precautions  
III. Practice session
- 1530-1545** ----- **BREAK** -----
- 1545-1600** PENS  
I. CraigPENS, neuroanatomic basis for treatment design  
II. Practice session
- 1600-1630** Questions & Answers, Resources