

# Registration Information

Please fill in the information below and mail it with your check or your credit card information to reserve your spot. Payment must accompany registration. Space is limited.

**Trigger Point Dry Needling, Level 1 • March 9-10-11, 2012.**  
*Friday course from 12-8pm, Sat. & Sun.: 8am-5pm. Cost: \$950.*  
*Early discounts apply, register by February 17, 2012 for \$75 off!*

**Therapeutic Taping for the Rehabilitation Professional**  
**April 14, 2011.** *Cost: \$260. Course from 8am-5pm.*

**Trigger Point Dry Needling, Level 2 • April 27-28-29, 2012.**  
*Friday course from 12-8 pm, Sat. & Sun.: 8am-5pm.*  
*Cost: \$950. Early discounts apply, register by March 23, 2012 for \$75 off!*

Name \_\_\_\_\_  
(as it will appear on certificate)

Name of Practice \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email Address \_\_\_\_\_

Method of Payment: Check \_\_\_\_\_ Credit Card \_\_\_\_\_

Total Payment Amount \_\_\_\_\_

Credit Card:  MasterCard  Visa  Discover

Name on & billing address of credit card (if different from above):

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date (mm/yyyy) \_\_\_\_\_ Security Code \_\_\_\_\_

*REFUNDS (minus 15%) are given after the course date, if the cancellation request is received 14 days before the course date. No refunds are granted after that date. If the course is cancelled by Therapy Concepts, a full refund will be given.*

**Any Questions? Call 800.667.9020 Fax: 720.493.1191**

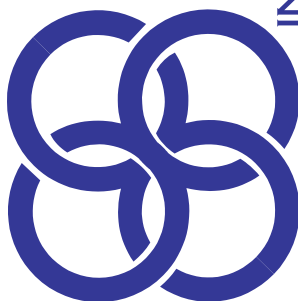
*Please make your check payable and mail to:*

Therapy Concepts  
7340 S. Alton Way, 11-D  
Centennial, CO 80112



**Check our website for  
course descriptions!**  
therapyconceptsinc.com

7340 S. Alton Way, 11-D  
Centennial, CO 80112  
**THE THERAPY CONCEPTS INC**



## PRESENTS THREE SPRING COURSES:

### Trigger Point Dry Needling, Level 1

Dr. Patty Pennell, PT, ScD

Denver • March 9-10-11, 2012

### Therapeutic Taping for the Rehabilitation Professional

Dr. Dyanna Haley-Rezac, PT, DPT, OCS,  
CSCS, CKTP, CGFI-MP2

Dr. Scott Rezac, PT, DPT, OCS CSCS  
CKTP, CEAS, CGFI-MP2

Denver • April 14, 2012

### Trigger Point Dry Needling, Level 2

Dr. Patty Pennell, PT, ScD

Denver • April 27-28-29, 2012

## Trigger Point Dry Needling, Level 1

Dr. Patty Pennell, PT, ScD

### Course Description

This three day course introduces Trigger Point Dry Needling as an intervention for treating a variety of diagnoses. In the Level I course participants are introduced to the theory and physiology of myofascial trigger points, and the history of dry needling. Anatomy of each muscle will be reviewed, including the trigger points and their corresponding referral patterns. The muscle groups included in the Level I course are the cervical and lumbar spine, hip, lower extremity, shoulder and forearm. This course will be limited to 20 participants and attendees will need to provide a current CV with continuing education courses listed, and a copy of their license, in order to be considered for participation in this course.

All participants must have a minimum of 2 years of experience.

### Course Objectives

- 1) Participant will be able to identify trigger points in the cervical and lumbar spine, hip, lower extremity, shoulder and forearm.
- 2) Perform dry needling in the above described muscle groups in a safe and effective manner.
- 3) Understand all the contraindications to dry needling.
- 4) Have a thorough understanding of the physiology of trigger points and the treatment of trigger points using Dry Needling techniques.

### Biography

#### Dr. Patty Pennell, PT, ScD

Dr. Patty Pennell-Noel is the owner of Back to Motion that she founded in Denver 13 years ago and has worked in the Denver area for her 18 year career. In 1992, she received her Master's degree in physical therapy from the University of Colorado and has her Doctorate of Science through Texas Tech. Patty has extensive training and experience in manual therapy of the spine and extremities. The other focus of her practice is diagnosis and treatment of running injuries including orthotic prescription. Patty was awarded Colorado Physical Therapy Association's Physical Therapist of the Year in 2008.

Patty also has been working as a physical therapist for the Women's Tennis Association (WTA) and has been travelling to tournaments all over the world. She serves as a consultant for the Leukemia Team in Training and has treated many runners of all abilities. Aside from her private practice, Patty works as clinical faculty for Regis University's Physical Therapy Program.

## Therapeutic Taping for the Rehabilitation Professional, an Evidence-Based Approach

Dr. Dyanna Haley-Rezac, PT, DPT, OCS, CSCS, CKTP, CGFI-MP2

Dr. Scott Rezac, PT, DPT, OCS CSCS CKTP, CEAS, CGFI-MP2

### Course Description

Therapeutic taping has been used for over 100 years to improve function, reduce pain and prevent injury. This session will cover theory and practical application of proprioceptive taping based on current evidence utilizing techniques introduced by a variety of leaders in the fields of physical therapy and athletic training including McConnell, Mulligan, Kenso Kase (Kinesio®) and athletic taping. It will be all-inclusive for orthopedic, neurologic, pediatric and lymphedema conditions. Emphasis will be on clinical reasoning and critical thinking vs. cook-book approach. Included will be a discussion of billing and reimbursement. Please wear appropriate clothing as this session is primarily lab and will include taping for the entire spine and extremities.

### Course Objectives

Upon completion of this session:

1. Participants will be able to select appropriate patients for taping interventions relative to indications and contraindications.
2. Participants will be able to select and apply appropriate taping techniques based on patient presentation and functional limitations.
3. Participants will be able to assess efficacy of taping application objectively.
4. Participants will be able to discuss current evidence with regard to utilizing taping techniques.
5. Participants will be able to objectively document techniques applied for billing and reimbursement.

### Biography

Dr. Dyanna Haley-Rezac, PT, DPT, OCS, CSCS, CKTP, CGFI-MP2  
Dr. Scott Rezac, PT, DPT, OCS CSCS CKTP, CEAS, CGFI-MP2

Dr. Dyanna Haley-Rezac graduated Cum Laude from West Virginia University with a Bachelor of Science in Exercise Physiology in 1998 and from Slippery Rock University in Pennsylvania in 2001 with her Doctor of Physical Therapy. She is also an Affiliate Faculty member at Regis University Doctor of Physical Therapy Program.

Dr. Scott Rezac graduated with his Bachelor of Science in Kinesiology and Health Promotion from California State Fullerton in 1998 and his Doctor of Physical Therapy in 2001 from University of Southern California. He is also a Certified Ergonomics Assessment Specialist.

Both Dyanna and Scott have received their Board Certifications as Orthopedic Specialists from the American Board of Physical Therapy Specialties. Both are Certified Strength and Conditioning Specialists and are Certified Kinesio Taping Practitioners. Dyanna and Scott are guest lecturers and Advisory Board Members for Pima Medical Institute Physical Therapist Assistant Program in Denver. They are both members of the American Physical Therapy, National Strength and Conditioning Association and American Academy of Orthopedic Manual Physical Therapists. The Rezacs are co-owners of Rezac & Associates Physical Therapy, LLC in Colorado Springs, CO. They are both Level 2 Medical Professional Certified Gold Fitness Instructors for Titleist and working on completing their Manual Fellowship at Regis University.

## Trigger Point Dry Needling, Level 2

Dr. Patty Pennell, PT, ScD

### Course Description

This three day course (23 contact hours) is a continuation of the Level I course and consists of a combination of lecture, testing, demonstration and a large amount of hands-on laboratory sessions. For this advanced course, participants will use the skills they have learned and practiced in the first course to treat musculature that was deemed more difficult due to various safety concerns.

### Course Objectives

- 1) Define trigger points, motor banding, and neurological presentations of neuromuscular dysfunction.
- 2) Review literature supporting efficacy and treatment rationale of TDN.
- 3) Instruct application of TDN for more advanced orthopedic and neuromuscular conditions.
- 4) Review anatomy of regions to be taught in Level II course.
- 5) Discuss with participants their own experiences regarding legal and billing issues integrating TDN into their practice setting.
- 6) Discuss safety.
- 7) Discuss indications and contraindications for treatment.
- 8) Discuss specific treatment rationale for various diagnoses.

This course will benefit Physical therapists, medical doctors, and doctors of osteopathy who work with patients suffering from chronic musculoskeletal conditions.

This course will be limited to people who have taken the Level I course and have completed their treatment logs consisting of 250 or more treatment sessions over a 5-6 month period. Prior to the course participants should review C. Chan Gunn's book Treatment of Chronic Pain and Travell and Simons two volumes of Myofascial Pain and Dysfunction: The Trigger Point Manual. Participants should also be prepared to share their experiences since integrating Trigger Point Dry Needling into their practice.



[therapyconceptsinc.com](http://therapyconceptsinc.com)

Therapy Concepts was started by Patty Pennell and Joanna McCreight-Goldin with a goal of bringing world renowned experts to the United States to enhance therapy practice.

#### Therapy Concepts mission:

*Dedicated to the promotion and organization of exemplary continuing education courses.*