

Hello All:

Looking forward to Friday. A few things:

1. We've had multiple requests over the years to send the manual and presentations in electronic form (vs. printed) so it can be easily moved from one device to another. This also allows us to keep the pictures in color and large enough for you to actually see the details better and allows you to zoom in. You will also notice in many instances we used a guide tube in place of an actual needle so it could be easily seen.
2. There are A LOT of pages between the manual and all the presentations. We recommend you DO NOT print them, as you'll have digital access for life to all, including future updates we make. The instructor will have on the screen what you need for each part of the weekend. You can use your device to bring up any item you wish to follow along.
3. **We will do A LOT of needling this weekend** (your supplies will all be provided at no charge for seminar use only). GYM CLOTHES ARE A MUST. Topographical anatomy will be reviewed for accurate and safe needling. We will have gowns/towels available for draping as needed.
4. ****There are ALWAYS functional changes throughout the weekend!** Take a minute now to note some functional deficits you have and which functional tests reveal them best. We will be asking you to have your partner take a picture of those deficits before we start to assess progress as we go.
5. **You should purchase JUST ONE of the following anatomy apps (if you don't already have one):**

(1) **Human Anatomy Atlas 2025 by Visible Body.** It's a bit more expensive but it has updates twice a year and we **highly** recommend it. We prefer it because you can outline anatomy with the DRAW function (ANNOTATE in the iPhone version), then touch DRAW again and from the system menu add the SKIN back on and see where the drawings are ON THE SKIN. Very helpful for 3D anatomy review as well as topographical anatomy.

(2) **Essential Anatomy 5 (or the newer and more expensive Complete Anatomy) by 3D4 Medical** (Essential Anatomy 5 does NOT retain any drawings on the skin.)

*****YOU REALLY SHOULDN'T NEEDLE WITHOUT A 3D ANATOMY APP, so pick one of these and purchase it if you don't already have a good 3D app.**

*****NOTE:** There is also an inexpensive app called **Muscle Trigger Points by Real Bodywork** that is quite helpful. Go ahead and download it. It is a good reference for trigger point needling and for patient education regarding TP referral patterns.

6. Since you have the manual you may wish to review anatomical areas you haven't reviewed in a while. We will review each region together before needling any tissues.
7. In your passworded materials is a very detailed liability waiver. Please use it for ideas for a patient informed consent as well. Feel free to alter it (**only AFTER** downloading it) to meet your facility requirements.
8. **Saturday will be a MUST** for you to bring **HEADPHONES** for your device so you can listen to streaming videos without disturbing the participants next to you.
9. If you wish to pre-order supplies so they will be ready for you to use on Monday, you can order from our website, masterdryneedling.com and click [dry needle supplies](#) link. We have selected starter kits based on clinic size to make it easier for you for your first order.

See you soon!

Ken, Lisa, Mitch, Peter, Jared, Sarah
