

**20XX Goal:**

I want to expand my professional skill set and ability to effectively treat and offer alternative treatments to patients who suffer with myofascial pain and trigger points.

**Service User on 20XX Learning Plan:**

Myself, clients and fellow co-workers who can refer their clients to me for alternative treatment options.

**Status:** Please check one.

- Completed  
 Ongoing  
 Other (please explain):

**Accomplishment Statement: Provide a summary of the impact of your learning.** (TIP: Link your outcome(s) back to your goal and reflect explicitly on **how** your PT practice has been enhanced)

From January to April I was able to both review and study anatomy in order to prepare for an exam on the first day of the Functional Dry Needling (FDN) Course Level 1 in April which I completed successfully. This was a great learning tool as it allowed me to brush up not only on my anatomy skills but also the palpation skills needed for both manual therapy and needling techniques. Anatomy and palpation is a skill that sets us apart from other practitioners and a crucial technique when both applying a needle and assessing the tissue with a filament needle. By also taking time to review my previously learned acupuncture points it allowed me to review points that I've neglected to consider using in patients and brush up on points used for areas and/or conditions I don't treat as often.

Another one of my learning goals was to read five evidenced based articles related to the use of dry needling and physiotherapy. Through the reading required prior to the course, I found that the use of dry needling has been proven beneficial in the management of myofascial trigger point pain when used in conjunction with therapeutic exercise.

Since completing the FDN course in April, I have been very pleased with the results. I have taken my time in incorporating it into my practice to make sure that I feel both confident and prepared as well as being selective with which patients I have pursued this treatment technique. Of the patients that I have used this with, the results have been very rewarding. Patients with chronic myofascial pain have felt significant relief within one treatment of the FDN and it has allowed them to further work on the progression of their gait issues, core instabilities and range of motion issues. I feel that it is an excellent piece to add to the toolbox and I look forward to further enhancing my skill in this area. Even though I have completed my goal for this year, the learning involved in this area of practice is just beginning, and I look forward to further diving into both the research and practice of this technique and consider additional training in the future. For now, as a way to further develop my knowledge I have discussed mentorship with a colleague of mine who specifically treats with dry needling daily in her practice.

**Date:** MONTH/DAY/YEAR

**ID Number:** XXXXXX

Please complete and attach to your Professional Portfolio. The completed sheet will be requested when your portfolio is audited.