Dry Needling Course for Myofascial Pain Syndrome **(DN-1, DN-2 & DN-3)**

Myopain Seminars, USA
Hosted by
RECOUP Health
Bengaluru

This 9-day intensive Dry Needling Course is designed for licensed healthcare professionals to gain advanced skills in pain management and movement restoration. The course covers all three levels: DN-1, DN-2, and DN-3 , focusing on treating **Myofascial Pain Syndrome (MPS).** Upon successful completion, participants will receive a globally recognized certification from **Myopain Seminars, USA.**

Batch 1: DN2025-2

- **DN 1 & 2:** July 17-21, 2025
- **DN 3 & Exam:** August 28-31, 2025

Batch 2: DN2026-1

- **DN 1 & 2:** March 19-23, 2026
- **DN 3 & Exam:** April 23-26, 2026

Batch 3: DN2026-2

- **DN 1 & 2:** November 12-16, 2026
- **DN 3 & Exam:** December 17-20, 2026

Total Hours of Instruction: 64

Venue: RECOUP Hospital, 312, Further Extension of Anjanapura Layout, Bengaluru, Karnataka, India

Instructor

Dr. Deepak Sharan

Consultant in Orthopedic Surgery, Pain and Rehabilitation,
Senior Faculty and Director (India), Myopain Seminars
President, International Myopain Society
Founder President, Indian Myopain Society

Certifying organization
Myopain Seminars, USA

Organizers
- RECOUP Academy
- Indian Myopain Society
- International Myopain Society

About the course

Myofascial trigger points (MTrPs) are a common feature of nearly all pain syndromes, including fibromyalgia, and are characterized by persistent pain, loss of function and movement impairments. Treatment may involve manual therapy techniques, including dry needling (DN), correcting biomechanical and postural dysfunction, and restoring normal movement patterns.

DN is a skilled intervention that uses a thin filiform needle to penetrate the skin and stimulate underlying MTrPs and muscular and connective tissues to manage neuromusculoskeletal pain and movement impairments. DN is a technique used to treat dysfunctions in skeletal muscle, fascia, and connective tissue, diminish persistent peripheral nociceptive input, and reduce or restore impairments of body structure and function, leading to improved activity and participation.

This is the seventh Dry Needling Course by Myopain Seminars at RECOUP, Bengaluru. The earlier courses were taught by Dr Jan Dommerholt (2015), Erik Wijtmans, Rob Stanborough (2018), and Dr Deepak Sharan (2018, 2019, 2025).

Who can benefit from this course?

This industry-leading 9-day comprehensive workshop is designed for licensed healthcare practitioners who can use dry needling in their practice and jurisdiction, including physicians, dentists, physical and occupational therapists, chiropractors, osteopaths, naturopaths and acupuncturists. Medical and rehabilitation trainees are also eligible for these courses.

Quotes from previous course attendees

"Amazing courses with great instructors and great clinical lab sessions! Highly recommended!!!"

"This applicable knowledge will change how I approach and treat almost my entire patient population."

"I appreciated the challenge to think more critically and deeper about patient care."

Why should you choose this course?

- Myopain Seminars is the premier DN training company in the World. Dr Jan Dommerholt introduced DN to the USA in 1997 and many other countries. He has directly trained under Dr. Janet G Travell and Dr. David Simons, the pioneers who first described MPS.
- The Janet G Travell, MD Seminar Series, the eponymous course originating from the inventor of the concept of MPS, sets the standard as the world's most comprehensive, well-known and prestigious training program on the management of MPS.
- Internationally accredited certification as a Dry Needling Practitioner.
- Learn new clinical skills, understand the pain science and add value to your practice.
- Utmost emphasis on the clinical safety of both the practitioner and the patient.
- Evidence based. The Myopain Seminars DN instructors have published hundreds of books and research papers on MPS and DN.
- 1000 courses. 28 years of teaching experience with many specialized courses.
- 10000 students from across the world.
- Previous courses in 30 countries, including Abu Dhabi, India, Ireland, Peru, Ecuador, Mexico, Canada, Kuwait, UAE, Netherlands, Belgium, etc.
- This is your opportunity to invest in your future and deliver exceptional patient care!

About the Instructor:
Dr Deepak Sharan

- Consultant in Orthopedic Surgery, Rehabilitation, Orthopedic Rheumatology, Pain, Musculoskeletal, Regenerative, Functional and Lifestyle Medicine, Ergonomics, Occupational Health
- Founder and Chief Scientist of RECOUP Health, which has a hospital and 2 clinics in Bengaluru and is headquartered in the USA
- Over 34 years of clinical experience in India and the UK.
- **Over 600 International publications** or conference presentations, including several on Myofascial Pain and Fibromyalgia.
- An internationally recognized expert in Ergonomics and Work-Related Musculoskeletal Disorders (also called Repetitive Strain Injuries or RSI), he has developed his own assessment and treatment approach called the SHARAN'S Protocol (Skilled Hands-on Approach for Release of myofascia, Articular, Neural and Soft tissue mobilization) and the DEEPAK SHARAN'S Protocol and RECOUP Chronic Pain Phenotype Score.
- Described as a "cult figure in the world of RSI" by the Wall Street Journal.
- Leads a large Interdisciplinary team of medical and rehabilitation professionals that has successfully treated over a million clients with neuromusculoskeletal disorders from 45 countries.
- President of the International Myopain Society and the Founder President of the Indian Myopain Society.
- Chairperson, Scientific Committee on Musculoskeletal Disorders, International Commission on Occupational Health (2022-2027).
- Certified Somatosensory Therapist of Pain (Somatosensory Network, Switzerland).
  Founder Director of EPM International Ergonomics School, Milan, Italy and the Founder President of Indian Ergonomics School.
- Organizing chairperson of MYOPAIN: The 10th and 11th World Congresses on Myofascial Pain Syndrome and Fibromyalgia Syndrome held in Bengaluru in 2017 and 2023.
- Organizing chairperson of PREMUS: The 11th International Scientific Conference on the Prevention of Work-Related Musculoskeletal Disorders held in Bengaluru in 2023.
- Winner of the 2015 IASP award for Pain Education for the project: "Course on understanding pain for individuals with chronic pain."
- Winner of the 2018 SICOT Research Academy Grant (the world's highest research award in Orthopedics), 2016 Silver Jubilee Oration of the Indian Orthopedic Association, 2012 and 2019 Henri Bensahel Award (the world's highest award for research in Pediatric Orthopedics, awarded by SICOT (The International Society of Orthopedic Surgery and Traumatology), the 2008 National Disability Award for by the Govt. of India and 2006 Presidential Award for developing a path-breaking surgical procedure for Cerebral Palsy called SEMLARASS.
- Member of The International Consortium on Ehlers-Danlos Syndromes and Related Disorders.
- One of 3 International faculty for the 2nd Australasian Dry Needling Symposium (the World's leading event on Dry Needling), held in Melbourne, Australia (2019).
- ResearchGate Deepak_Sharan
- Google Scholar https://scholar.google.com/citations?user=KLqdqvYAAAAJ&hl=en&oi=ao

Important information

- Participants should wear loose-fitting clothes, e.g., a T-shirt and shorts or track pants, since most of the course involves practicing palpation and needling on colleagues.
- Certification from Myopain Seminars will be provided only after successful completion of Levels 1, 2 and 3 and passing the final theoretical and practical examination.
- There will be a model theoretical and practical examination after level 1 and 2. However, the marks will not be counted towards the final results.
- No video recording is allowed; however, participants may record brief clippings for self-learning, provided it is not shared on social media or with those who did not attend the course.
- The DN course is FREE for RECOUP's Clinical Fellows in Ergonomics, Neuromusculoskeletal and Occupational Rehabilitation. A limited number of places are available for other candidates.

Course fees

	Batch 1	Batch 2	Batch 3
Early Bird	Till June 17, 2025 **₹50,000**	Till January 19, 2026 **₹50,000**	Till September 12, 2026 **₹50,000**
Regular	**₹60,000**	**₹60,000**	**₹60,000**
Application Deadline	**July 16, 2025**	**March 18, 2026**	**November 11, 2026**

Inclusions in the fees

Course manual, needles, gloves, and other materials

Reading materials and videos

Lunch, snacks, and beverages on all course days

Examination fees **and certification**

Special Offer: Early Bird Registrants will receive a free eBook: "Breakthroughs in Muscle Pain: Research and Practice."

How to Register

For more information and registration, please contact

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Organized by:

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