



Defense Health Agency, J-7, Continuing Education Program Office

DHA Dry Needling Level 1 – 2026

Other/Blended Learning, February 2, 2026 – December 31, 2026

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician associates/physician assistants, athletic trainers, occupational therapists, occupational therapy assistants, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

DHA Dry Needling Level 1 – 2026 (21.00 clock hours)

Learning Objectives:

1. Describe the common nomenclature and definitions of dry needling used to treat trigger points/myofascial pain.
2. Summarize the indications, contraindications, precautions, and possible adverse reactions that clinicians should consider when determining if a patient is an appropriate candidate for trigger point dry needling.
3. Differentiate acupuncture vs. dry needling treatment theories and physiology concepts that should be explained to patients during the consent and education processes in the clinical setting.
4. Analyze a thorough literature review of available medical evidence for and against trigger point dry needling in the management of musculoskeletal conditions.
5. Discuss the administrative requirements and best practices for training, certification, clinical documentation, preceptorship, and privileging in the US military health system according to current policies and/or regulations.
6. Utilize safe trigger point dry needling techniques, relevant functional tests, and appropriate informed consent procedures in the upper extremity, lower extremity, and spine utilizing standard precautions and universal to minimize risk of any possible adverse events.
7. Practice safe and effective use of percutaneous electrostimulation during a trigger point dry needling session.
8. Demonstrate proficiency in appropriate palpation techniques to promote safety and appropriate protection to treatment areas to reduce the risk of an adverse event.

Faculty:

DHA Dry Needling Level One Faculty. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity was planned by and for the healthcare team, and learners will receive 21.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians (ACCME)



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DHA, J-7, CEPO designated this other activity for a maximum of 21.00 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (ANCC)

DHA, J-7, CEPO is accredited by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education other activity for a maximum of 21.00 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Physician Associates/Physician Assistants (AAPA) – Live



DHA, J-7, CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 21.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Athletic Trainers (BOC)



DHA, J-7, CEPO (BOC AP #: JA4008136) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 21.0 Category A hours/Continuing Education Units (CEUs). ATs should claim only those hours actually spent in the educational program.

ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. ACCME Non-Physician CME Credit providers may receive a maximum of 21.00 hours for completing this other activity.

Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 13768. This blended/hybrid activity is offered at 2.1 CEUs intermediate, OT service delivery, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

Physical Therapists and Physical Therapy Assistants (APTA)



DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 2.1 APTA CEUs. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

Other Professionals

All other healthcare professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@health.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through December 31, 2026 at 2359 ET at the following URL: www.dhaj7-cepo.com.