

Jan Dommerholt, PT, DPT, MPS, (former) DAIPM

Doctor of Physical Therapy | Diplomat, (former) Academy of Integrative Pain Management



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PROFESSIONAL EXPERIENCE:

President / CEO - Bethesda Physiocare® , Inc., Bethesda, MD, 2006 – present
President / CEO - Myopain Seminars, Bethesda, MD 2007 – present
Lecturer - Shenandoah University, Winchester, VA, 2011 – present
Lecturer – University of Maryland, Baltimore, MD, 2010 - present
Founder / CEO - PhysioFitness, LLC, Rockville, MD, 2014 - 2020
Associate Professor - Universidad CEU Cardenal Herrera, Valencia, Spain, 2011 - 2017
Vice President - Pain & Rehabilitation Medicine, Bethesda, M.D., 2001 - 2006
Program Director and Instructor - The Janet G. Travell, MD Seminar Seriessm, 1996 - 2007
Director of Rehabilitation Services - Pain & Rehabilitation Medicine, Bethesda, M.D., 1995 - 2006
Director of Clinical Operations - Medlantic Healthcare Group, Inc., 1990 – 1995
President / CEO - The Meridian Therapy Institute, Inc., Germantown, Maryland, 1990 - 1994
Physical Therapist - Metropolitan Rehabilitation Associates, Inc., Silver Spring, Maryland, 1987 - 1990
Physical Therapy Assistant - Washington Hospital Center, District of Columbia, 1986 - 1987
Physical Therapist - Instituut voor Fysiotherapie Ballieux, Elst, The Netherlands, 1986

EDUCATION:

- **University of St. Augustine for Health Sciences, St. Augustine, FL**
Doctor of Physical Therapy (emphasis on chronic pain management), 2009
- **Lynn University, Boca Raton, FL**
Master of Science/Professional Studies; Combined Degree in Biomechanical Trauma and Health Care Administration; Dean’s List 1995 – 1996, May 1996
- **New York University, New York, NY**
Research in NYU Human Performance Analysis Laboratory, 1988 - 1989
- **Interstudy Academy of Physical Therapy, Arnhem, the Netherlands**
Four (4) year physical therapy program (> 180 credits), May 1986

EDITORIAL BOARD MEMBERSHIP

1. Cuestiones de Fisioterapia, 2008 – present
2. Journal of Manual and Manipulative Therapy, 2006 – present
3. Journal of Invasive Therapies in Physical Therapy, 2019 – present
4. Journal of Musculoskeletal Pain, 2005-2014
5. Journal of Bodywork and Movement Therapies, 2002 – 2015; Associate Editor, 2015 – 2021

CONSULTANT SERVICES:

- APTA Dry Needling Coding Committee, 2017-2018
- Multiple journals, Manuscript reviewer
- APTA Dry Needling Resource Manual Consultant, 2012
- APTA Dry Needling Subject Matter Expert (SME) Workgroup, 2011
- American Physical Therapy Association, 2011, Member Dry Needling Consultant Group
- Medical Advisory Board Member, Headway Ltd. Misgav Venture Accelerator, Israel
- Program Director Focus on Pain 2005 conference, Philadelphia, PA, October 2005
- Maryland State Board of Physical Therapy Examiners, 2001 – 2008, Expert witness
- HSBC Trinkaus & Burkhardt, Luxemburg, 1999, Ergonomic consultant
- Weisskircher, Igel, Germany, 1997; Content expert - CD-ROM “Head Pains Due to Myofascial Trigger Points”
- International Physical Therapy Services, Washington, D.C., 1999
- National Geographic Society, Washington, District of Columbia, 1990, Consultant educational film strips

BOARD MEMBERSHIP:

Secretary / Treasurer - International Myopain Society, Seattle, WA, 2014

Member – The Global Z Recording Project, Urbana, MD 2018 - 2022

ADVANCED CERTIFICATION OF COMPETENCY

Whiplash and Brain Injury Traumatology - Spine Research Institute of San Diego, 2009

Completion of a comprehensive training program in whiplash and brain injury traumatology, emphasizing the biomechanics of injury mechanisms, occupant kinematics, automobile crash reconstruction methods, current knowledge of soft tissue, endocrinological, bony, and nervous system disorders, advanced imaging techniques, and the comprehensive case management of whiplash and related disorders.

ADVANCED CLINICAL RESIDENCY

Internship with Mariano Rocabado, PT, DPT, Integramedica Clinic, Las Condes, Chile, 2002

Three weeks of hands-on training; treating patients with TMJ, CS and LS dysfunctions.

DIPLOMATE

(Former) Academy of Integrative Pain Management

LICENSURE:

The Netherlands, 1986, BIG Registration 69033476804; Maryland, 1988, License Number: 16428 (exp. 05/31/2024)
The District of Columbia, 1987 (inactive); Virginia, 1987 (inactive);

WEB OF SCIENCE RESEARCHER ID: ABH-9043-2020

ORCID ID: <https://orcid.org/0000-0002-6415-029X>



COURT TESTIMONY:

- Motor Vehicle Accident: Mickey Bernstein, Esq, Montgomery County Circuit Court, Rockville, Maryland, 2017
- Medical Malpractice: Daniel E. Schultz, Esq. Schultz & Trombly, Washington, DC, 2013
- Biomechanical Trauma - Low Speed Whiplash: Jacques Williams, Esq, Monongalia County Circuit Court, Morgantown, West Virginia, 2009
- Medical Malpractice: Alan Belsky, Esq, Montgomery County Circuit Court, Rockville, Maryland, 2010
- among many others.....

AWARDS:

- 2021 - Honorary Membership - Polish Association of Invasive Physiotherapy
- 2018 - Honorary Membership – COFIRENL, Monterrey, NL, Mexico
- 2018 - Honorary Membership - Iranian Physiotherapy Association, Tehran, Iran
- 2016 - Janet G. Travell Excellence in Education Award - National Association of Myofascial Trigger Point Therapists
- 2014 - Henry O. and Florence P. Kendall Practice Award - American Physical Therapy Association
- 2006 - OPTP Award for Excellence in a Published Review of the Literature

Awarded to Jan Dommerholt, Carel Bron, and Jo Franssen: Myofascial trigger points; an evidence-informed review. *J Manual Manipulative Ther* 14(4): p. 203-221, 2006

FACULTY:

- Lecturer, University of Maryland, School of Medicine, Department of Physical Therapy & Rehabilitation Science

PROFESSIONAL AFFILIATIONS:

- American Academy of Orofacial Pain (AAOP)
- American Academy of Orthopaedic Manual Physical Therapists (AAOMPT)
- American Association for the Advancement of Science (AAAS)
- American Pain Society (APS)
- American Physical Therapy Association (APTA)
 - Orthopaedic Section
 - Performing Arts Physical Therapy Special Interest Group
 - Pain Management Special Interest Group
- American Physical Therapy Association of Maryland (APTA-MD)
- Fascia Research Society (FRS)
- International Association for the Study of Pain (IASP)
- Performing Arts Medicine Association (PAMA)
- Society for Automotive Engineers (SAE)

BOOKS

1. Reilich, R C. Gröbli, J. Dommerholt, D Bösch: Douleurs myofasciales et points trigger; Diagnostic et thérapie basée sur les preuves. Les 30 principaux muscles du corps. Elsevier Masson, 2021 (translation of item 4)
2. Dommerholt, J and C. Fernández de las Peñas: Punción seca de los puntos gatillo – Una estrategia clinica basada en la evidencia. Segunda Edición. Barcelona, Josep Tarradellas, 2019 (translation of item 3)
3. Dommerholt, J and C. Fernández de las Peñas: Trigger Point Dry Needling – An Evidenced and Clinical-Based approach. 2nd Edition. Edinburgh, Churchill Livingstone (Elsevier), 2018
4. Reilich P, C.C. Gröbl, J. Dommerholt: Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz. 2. Auflage Munich, Urban & Fischer, 2018
5. Dommerholt, J and C. Fernández de las Peñas: نقطه تکان دهنده سوزن خشک, Tehran, Iran, (translation of item 8)
6. Fernández de las Peñas, C, J. Cleland and J. Dommerholt: Manual Therapy for Musculoskeletal Pain Syndromes– An Evidenced and Clinical-Informed Approach. Churchill Livingstone (Elsevier), 2016
7. Dommerholt, J and C. Fernández de las Peñas: Punción seca de los puntos gatillo – Una estrategia clinica basada en la evidencia. Madrid, Elsevier, 2013 (translation of item 8)
8. Dommerholt, J and C. Fernández de las Peñas: Trigger Point Dry Needling – An Evidenced and Clinical-Based approach. Edinburgh, Churchill Livingstone (Elsevier), 2013
9. Reilich P, C.C. Gröbl, J. Dommerholt: Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz. Munich, Urban & Fischer, 2011
10. Jonckheere, P, K. Demanet, J. Pattyn, J. Dommerholt: Trigger Points Praktisch Werkboek Myofasciale Therapie. Deel 1: Bovenste Lidmaat. Brugge, Acu-Qi, 2011
11. Dommerholt J, Huijbregts P.A., Eds. Myofascial Trigger Points: Pathophysiology and Evidence-Informed Diagnosis and Management. Boston, Jones & Bartlett, 2011

BOOK CHAPTERS

1. Dommerholt, J: Trigger Point Therapy from a Contemporary Pain Science Perspective. In: Schleip, R. T. Finley, C. Stecco, and P. Huijing: *Fascia: The Tensional Network of the Human Body: The science and clinical applications in manual and movement therapy* Edinburgh, Churchill Livingstone, 2022: Chapter 7.2:422-429
2. Dommerholt, J. and N. Mayberry: Hypo- and Hypermobility. In: Schleip R., J. Wilke, and A. Baker: *Fascia in Sport and Movement* 2nd edition. Pencaitland, Handspring Publishing. 2021: Chapter 7:77-95
3. Helgeson, K, E. Shelly, J. Dommerholt, and N. Mayberry: Soft Tissue, and Bone Disorders. In: C. Goodwin and K.S. Fuller: *Pathology; Implications for the Physical Therapist*. Elsevier. 5th Edition, Section 3, Pathology of the Musculoskeletal System, 2021: Chapter 27: 1247-1318
4. Dommerholt, J.: Préface. In: *Dry Needling, Points Trigger Myofasciaux; Diagnostic et traitement fondés sur la littérature scientifique*. Éditions ArtThema, 2019
5. Fernández de las Peñas, C and J. Dommerholt: Basic concepts of myofascial trigger points. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd edition Edinburgh, Elsevier. 2018: Chapter 1:1-19
6. Dommerholt, J and C. Fernández de las Peñas: Proposed mechanisms and effects of trigger point dry needling. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd edition. Edinburgh, Elsevier. 2018: Chapter 2:21-30
7. Fernández de las Peñas, C, J.L. Arias-Buría, and J. Dommerholt: Dry Needling for Fascia, Scar and Tendon. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd Edition. Edinburgh, Elsevier. 2018: Chapter 3:31-41
8. Dommerholt, J: Dry needling across different disciplines. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd Edition. Edinburgh, Elsevier. 2018: Chapter 6:73-78
9. Finnegan, M. J. Dommerholt, and C. Fernández de las Peñas: Deep dry needling of the trunk muscles. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd Edition. Edinburgh, Elsevier. 2018: Chapter 10:133-154
10. Mayoral-del Moral, O., M. Torres-Lacomba and J. Dommerholt: Deep dry needling of the leg and foot muscles. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd Edition. Edinburgh, Elsevier. 2018: Chapter 12:179-195
11. Fernández de las Peñas, C, A. Isabel-de-la-Llave-Rincón, R. Ortega-Santiago, B. Torres-Chica, and J. Dommerholt: Deep dry needling of the head and neck muscles. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd Edition. Edinburgh, Elsevier. 2018: Chapter 7:79-104
12. Bron, C., J.L.M. Franssen, B.T.M. Beersma, and J. Dommerholt: Deep dry needling of the shoulder muscles. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd Edition. Edinburgh, Elsevier. 2018: Chapter 8:105-116
13. Green, B. and J. Dommerholt: Deep Dry Needling of the Hip and Pelvic Muscles. In: Dommerholt, J and C. Fernández de las Peñas: *Trigger Point Dry Needling – an evidence-based approach*. 2nd Edition. Edinburgh, Elsevier. 2018: Chapter 11:155-178
14. Dommerholt, J: 3.4 Pathophysiologie. In: Reilich, P, C. Gröbli, J. Dommerholt: *Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz*. Munich, Urban & Fischer. 2018: 24-29
15. Stebler Fischer, C. J. Dommerholt: 4.1 Manuelle Therapieverfahren. In: Reilich, P, C. Gröbli, J. Dommerholt: *Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz*. Munich, Urban & Fischer. 2018: 46-52
16. Dommerholt, J: 4.2 Dry Needling. In: Reilich, P, C. Gröbli, J. Dommerholt: *Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz*. Munich, Urban & Fischer. 2018: 52-57
17. Dommerholt, J: 4.4 Sonstige Therapieverfahren. In: Reilich, P, C. Gröbli, J. Dommerholt: *Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz*. Munich, Urban & Fischer. 2018: 69-74
18. Reilich, P., C. Gröbli, J. Dommerholt, R. Weissmann: 4.5 Therapiealgorithmus. In: Reilich, P, C. Gröbli, J. Dommerholt: *Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz*. Munich, Urban & Fischer. 2018: 74-75
19. Dommerholt, J, J.P. Shah: Myofascial Pain Syndrome. In: J.C. Ballantyne, J.P Rathmell., and S.M. Fishman, Editors: *Bonica's Pain Management*, 5th Edition, Baltimore, Lippincott, Williams & Wilkins. 2018. Chapter 35:504-524
20. Dommerholt J. R.D. Gerwin, C.A. Courtney: Pain Sciences and Myofascial Pain. In: Donnelly JM: *Travell and Simons Trigger Point Manual*, 3rd Edition, Baltimore, Lippincott, Williams & Wilkins. 2018. Chapter 1: 2-28
21. Dommerholt J: The Role of Muscles and Fascia in Myofascial Pain Syndrome. In: Donnelly JM: *Travell and Simons Trigger Point Manual*, 3rd Edition, Baltimore, Lippincott, Williams & Wilkins. 2018. Chapter 3: 44-54
22. Dommerholt, J: Puntos gatillo miofasciales, neurofisiología y ciencias del dolor (in Spanish: Trigger points, neurophysiology and pain sciences). In: Mayoral, O and Salvat, I: *Fisioterapia Invasiva Del Síndrome De Dolor Miofascial*, Chapter 2:27-37

23. Dommerholt, J: Dry Needling. In: Davis, C: Integrative Therapies in Rehabilitation; Evidence for Efficacy in Therapy, Prevention, and Wellness. 4th Edition. Slack, Inc. 2017:305-323
24. Fernández de las Peñas, C, Ge, H-Y, Arendt-Nielsen, L and Dommerholt, J: Referred Muscle Pain from Myofascial Trigger Points. In: Fernández de las Peñas, C, J. Cleland and J Dommerholt: Manual Therapy for Musculoskeletal Pain Syndromes – An Evidenced and Clinical-Informed Approach. Churchill Livingstone (Elsevier), 2016: 659-677
25. Fernández de las Peñas, C, Salom-Moreno, J, Ge, H-Y and Dommerholt, J: Manual Treatment of Myofascial Trigger Points. In: Fernández de las Peñas, C, J. Cleland and J Dommerholt: Manual Therapy for Musculoskeletal Pain Syndromes – An Evidenced and Clinical-Informed Approach. Churchill Livingstone (Elsevier), 2016: 678-689
26. Dommerholt, J and Wijnmans, EH: Dry Needling of Muscle Trigger Points. In: Fernández de las Peñas, C, J. Cleland and J Dommerholt: Manual Therapy for Musculoskeletal Pain – An Evidenced and Clinical-Informed Approach. Churchill Livingstone (Elsevier), 2016:690-709
27. Dommerholt, J and J. McEvoy: Myofascial Trigger Point Release Approach. In: C.H. Wise (ed): Orthopaedic Manual Physical Therapy; from Art to Evidence. Philadelphia, FA Davis, 2015
28. Dommerholt, J: Myofascial Pain Syndrome. In: C. Goodwin and K.S. Fuller: Pathology: Implications for the Physical Therapist. Elsevier. 4th Edition, Section 3, Pathology of the Musculoskeletal System. 2015; 1296-1298
29. Fernández de las Peñas, C and J Dommerholt: Basic concepts of myofascial trigger points (TrPs). In: Dommerholt, J and C. Fernández de las Peñas: Trigger Point Dry Needling – an evidence-based approach. Edinburgh, Elsevier. 2013: Chapter 1:3-19
30. Dommerholt, J and C. Fernández de las Peñas: Proposed mechanisms and effects of trigger point dry needling. In: Dommerholt, J and C. Fernández de las Peñas: Trigger Point Dry Needling – an evidence-based approach. Edinburgh, Elsevier. 2013: Chapter 2:21-27
31. Dommerholt, J: Fascia and dry needling. In: Dommerholt, J and C. Fernández de las Peñas: Trigger Point Dry Needling – an evidence-based approach. Edinburgh, Elsevier. 2013: Chapter 3, part 2:35-38
32. Dommerholt, J: Professional controversies and dry needling. In: Dommerholt, J and C. Fernández de las Peñas: Trigger Point Dry Needling – an evidence-based approach. Edinburgh, Elsevier. 2013: Chapter 5:59-69
33. Kelley, L, M. Finnegan and J. Dommerholt: Deep dry needling of the trunk muscles. In: Dommerholt, J and C. Fernández de las Peñas: Trigger Point Dry Needling – an evidence-based approach. Edinburgh, Elsevier. 2013: Chapter 9:119-132
34. Sandalcidi, D and J. Dommerholt: Deep dry needling of the hip, pelvis and thigh muscles. In: Dommerholt, J and C. Fernández de las Peñas: Trigger Point Dry Needling – an evidence-based approach. Edinburgh, Elsevier. 2013, Chapter 10:133-150
35. Dommerholt, J: Trigger Point Therapy. In: Schleip, R. T. Finley, L. Chaitow and P. Huijing: Fascia: The Tensional Network of the Human Body: The science and clinical applications in manual and movement therapy Edinburgh, Churchill Livingstone, 2012; Chapter 7.2: 297-302
36. Dommerholt, J, J. McEvoy and C. Gröbli: Trigger Point Dry Needling. In: Fernández-de-las-Peñas, L. Chaitow and C., J. Schoenen: Multidisciplinary Management Of Migraine: Pharmacological, Manual And Other Therapies. Boston, Jones & Bartlett, 2013:277-289
37. Dommerholt, J and L. Kelley: Myofasziale Schmerzsyndrome. In: Hildebrandt, J, M. Pflingsten and G. Müller: Rückenschmerz und Lendenwirbelsäule; Leitliniengerechtes Vorgehen in der Praxis. Munich, Urban & Fischer, 2012: 210-215.
38. Dommerholt, J and T. Adler: Intramuscular Manual Therapy. In: Chaitow, L and Lovegrove, R: Practical Physical Medicine Approaches to Chronic Pelvic Pain (CPP) & Dysfunction. Edinburgh, Churchill Livingstone, 2012; Chapter 15: 363-376.
39. Dommerholt, J and R. Stanborough: Muscle Pain Syndromes. In: Cantu, R, A. Grodin, R. Stanborough: Myofascial Manipulation. 3rd Edition. Austin, Pro-Ed, 2012: 125-180
40. Dommerholt, J: Sicherheit und Hygiene beim Dry Needling von Triggerpunkten. Munich, Urban & Fischer.
41. Reilich, P., C. Gröbli, J. Dommerholt, and R. Weissmann: Therapiealgorithmus. In: Reilich, P, C. Gröbli, J. Dommerholt: Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz. Munich, Urban & Fischer, 2012: 90-91
42. Dommerholt, Pathophysiologie. In: Reilich, P, C. Gröbli, J. Dommerholt: Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz. Munich, Urban & Fischer, 2012: 26-34
43. Dommerholt, J: Dry Needling und Akupunkturtechniken In: Reilich, P, C. Gröbli, J. Dommerholt: Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz. Munich, Urban & Fischer, 2012: 58-75
44. Stebler Fischer, C. and J. Dommerholt: Manuelle Therapieverfahren. In: Reilich, P, C. Gröbli, J. Dommerholt: Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz. Munich, Urban & Fischer, 2012: 52-58
45. Dommerholt, J: Sonstige Therapieverfahren. In: Reilich, P, C. Gröbli, J. Dommerholt: Myofasziale Schmerzen und Triggerpunkte. Die klinische Essenz. Munich, Urban & Fischer, 2012: 83-90.
46. Dommerholt, J: Foreword. In: Chaitow, L. and J. DeLany: Clinical Application Of Neuromuscular Techniques Volume 2 - The Lower Body, Second Edition. Elsevier, 2011
47. Dommerholt, J and J. Franssen: Wetenschappelijke evidentie van myofasziale trigger punten. In Jonckheere, P, K. Demanet, J. Pattyn, J. Dommerholt: Trigger Points Praktisch Werkboek Myofasziale Therapie. Deel 1: Bovenste Lidmaat. Brugge, Acu-Qi, 2011: 57-84

48. Franssen, J., C. Bron, J. Dommerholt: Myofascial Trigger Points in the Workplace. In Fernández-de-las-Peñas, C., J.A. Cleland, P. Huijbregts: Neck and Arm Pain Syndromes: Evidence-Informed Screening, Diagnosis, and Management. Elsevier, 2011: Chapter 6:78-93
49. Fernández de las Peñas, C, H.Y. Ge, J. Dommerholt, L. Arendt-Nielsen, D.G. Simons: Referred Pain from Muscle Trigger Points in Patients with Arm Pain Syndromes. In Fernández-de-las-Peñas, C., J.A. Cleland, P. Huijbregts: Neck and Arm Pain Syndromes: Evidence-Informed Screening, Diagnosis, and Management. Elsevier, 2011; Chapter 32:404-418
50. Fernández de las Peñas, C., H.Y. Ge, J. Dommerholt: Manual Treatment of Trigger Points. In: Fernández-de-las-Peñas, C., J.A. Cleland, P. Huijbregts: Neck and Arm Pain Syndromes: Evidence-Informed Screening, Diagnosis, and Management. Elsevier, 2011: Chapter 33: 419-429
51. Dommerholt, J., Collier, B: Instrumentalist Musicians. Monograph of the American Physical Therapy Association. 2011
52. Dommerholt, J: Dry Needling of Trigger Points. In: Fernández-de-las-Peñas, C., J.A. Cleland, P. Huijbregts: Neck and Arm Pain Syndromes: Evidence-Informed Screening, Diagnosis, and Management. Elsevier, 2011: Chapter 34: 430-438
53. Dommerholt, J, Finnegan, M. Hooks, T, Chou, L-W: A critical overview of the current myofascial pain literature – July 2018 J Bodywork Movement Ther. 2018; 22: 673-684
54. Dommerholt, J, C. Bron and J. Franssen: Myofascial trigger points: an evidence-informed review. In: Dommerholt J, Huijbregts P.A., Eds. Myofascial Trigger Points: Pathophysiology and Evidence-Informed Diagnosis and Management. Boston, Jones & Bartlett, 2011: Chapter 2: 17-50
55. Dommerholt, J. and R.D. Gerwin: “Nutritional and metabolic perpetuating factors in myofascial pain.” In: Dommerholt J, Huijbregts P.A., Eds. Myofascial Trigger Points: Pathophysiology and Evidence-Informed Diagnosis and Management. Boston, Jones & Bartlett, 2011: Chapter 3: 51-61.
56. Dommerholt, J., O. Mayoral del Moral and C. Gröbli: “Trigger Point Dry Needling.” In: Dommerholt J, Huijbregts P.A., Eds. Myofascial Trigger Points: Pathophysiology and Evidence-Informed Diagnosis and Management. Boston, Jones & Bartlett, 2011: Chapter 8:159-190
57. Dommerholt, J: Whiplash, Muscle Pain, and Motor Dysfunction. In: S. Mense and R.G. Gerwin, Editors: Muscle Pain - An Update. Mechanisms, Diagnosis and Treatment. Berlin, Springer, 2010: Chapter 9: 247-288.
58. Dommerholt, J, J.P. Shah: Myofascial Pain Syndrome. In: J.C. Ballantyne, J.P Rathmell., and S.M. Fishman, Editors: Bonica’s Pain Management, 4th Edition, Baltimore, Lippincott, Williams & Wilkins, 2010; Chapter 35, 450-471.
59. Dommerholt, J: Differential Diagnosis: Differential Diagnosis of Fibromyalgia. In: Chaitow, L (ed): Fibromyalgia; A Practitioner’s Guide to Treatment. Edinburgh, Churchill Livingstone, 2010: Chapter 8, 179-213.
60. Dommerholt, J. R. Gerwin: Neurophysiologic Effects of Needling Therapies. In: Fernández de las Peñas, C., L. Arendt-Nielsen, and R.D. Gerwin: Diagnosis And Management Of Tension Type And Cervicogenic Headache. Boston, Jones & Bartlett, 2010: Chapter 21:247-259
61. Fernández de las Peñas, H.Y, Ge, J. Dommerholt: Manual Identification of Trigger Points in the Muscles Associated with Headaches. In: Fernández de las Peñas, C., L. Arendt-Nielsen, and R.D. Gerwin: Diagnosis And Management Of Tension Type And Cervicogenic Headache. Boston, Jones & Bartlett, 2010: Chapter 16:183-194
62. Dommerholt, J, R.D. Gerwin: Needling of Head, Neck and Shoulder Muscle Trigger Points Relevant to Headache. In: Fernández de las Peñas, C., L. Arendt-Nielsen, and R.D. Gerwin: Diagnosis And Management Of Tension Type And Cervicogenic Headache. Boston, Jones & Bartlett, 2010: Chapter 31: 421-430
63. Dommerholt, J: El síndrome de dolor miofascial en la región craneomandibular [in Spanish: myofascial pain syndrome in the craniomandibular region]. In: Eduardo Padrós Serrat (ed): Bases diagnósticas, terapéuticas y posturales del funcionalismo craneofacial. Madrid, Ripano, 2006: 564-581
64. Gerwin, R, J. Dommerholt: Treatment of Myofascial Pain Syndromes. In: Boswell M.V., B.E. Cole (ed): Weiner’s Pain Management; A Practical Guide for Clinicians, 7th Edition. Boca Raton, CRC Press, 2006: 477- 492
65. Dommerholt, J, C. Gröbli: The Knee. In: Whyte-Ferguson, L, R. Gerwin (eds): Clinical Mastery of Myofascial Pain. Baltimore, Lippincott, Williams & Wilkins, 2005:359-389
66. Dommerholt, J, P. Royson, L.R. Whyte-Ferguson: Neck pain and dysfunction following whiplash. In: Whyte-Ferguson, L, R. Gerwin (eds): Clinical Mastery of Myofascial Pain. Baltimore, Lippincott, Williams & Wilkins, 2005:57-89
67. Dommerholt, J, T. Issa: Differential Diagnosis: Myofascial Pain. In: Chaitow, L (ed): Fibromyalgia; A Practitioner’s Guide to Treatment. Edinburgh, Churchill Livingstone, 2003:149-177
68. Gerwin, R, J. Dommerholt: Treatment of Myofascial Pain Syndromes. In: Weiner, RS (ed): Pain Management; A Practical Guide for Clinicians, 6th Edition. Boca Raton, CRC Press, 2002:235-249
69. Dommerholt, J: Muscle Pain Syndromes. In: Cantu, R, A. Grodin: Myofascial Manipulation. 2nd Edition, Gaithersburg, Aspen Publishers, 2001:93-140
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133. Dommerholt, J. 2001. "La Fibromyalgie: Un Point Sensible" [in French: Fibromyalgia: a tender point] *FysioActive* 11:25-31.
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EXPERT TESTIMONY (physical therapy and dry needling):

- Florida Physical Therapy Association, July 2018
- Washington State Department of Health Dry Needling Sunrise Review, August 2016
- Maryland Senate Education, Health & Environmental Affairs Committee, March 2015
- Mississippi Board of Medicine, September 2012
- Mississippi Board of Physical Therapy, July 2012
- Oregon Board of Physical Therapy (in writing), February 2010
- North Carolina Board of Physical Therapy (in writing), February 2010
- District of Columbia Board of Physical Therapy, November 2009
- Maryland Board of Physical Therapy Examiners, November 2009
- Georgia Composite Medical Board (in writing), October 2009
- Delaware Board of Physical Therapy (in writing), May 2009
- Michigan Board of Physical Therapy (in writing), March 2009
- Colorado Board of Regulations, October 2007
- Virginia Board of Physical Therapy, October 2006

LECTURES (2000 – current):

1. What's New in Dry Needling? (with Noelle Schlegel) APTA of MD, Spring Meeting, March 2023
2. Chronic pain and dry needling, Gandhinagar, India, Global Association of Physicians of Indian Origin, February 2023
3. Dry Needling, Ahmedabad, India, India Association of Physiotherapy, February 2023

4. Investigación científica Reciente de la Punción Seca. Forum Fisioterapia, Mérida, Mexico, April 2022
5. Beyond the Controversy: Trigger Point Therapy and Dry Needling - When East Meets West: The Intersection of Acupuncture, Acupressure, and Dry Needling for the Treatment of Pelvic Pain, International Pelvic Pain Society, Baltimore, MD, October 2021
6. State-of-the-Art 2021 – What’s New in Myofascial Pain and Dry Needling, September 2021
7. Moving Beyond Walls: From Internal to External. Evidence in Motion Align 2021 Virtual Conference, August 2021
8. New technological approaches to the physiotherapy treatment of patients with persistent pain. ONCE Madrid 2021 Congress, March 2021
9. Punción seca más allá de los puntos gatillos (Dry Needling beyond Trigger Points). I Congreso Virtual Internacional Multidisciplinario de Fisioterapia, Quito, Ecuador, December 2020
10. ¿Qué hay de nuevo en la punción seca? (What’s New in Dry Needling?). Symposium Virtual Interactivo. Lima, Peru, August 2020
11. What's Next In Soft Tissue And Dry Needling? Jan Dommerholt & Edo Zylstra. Virtual Align Conference. Evidence in Motion. August 2020.
12. Trigger Points and Neck Pain. 30th ONCE School of Physiotherapy Congress: Myofascial Pain Syndrome and Myofascial Trigger Points: 20 Years of Evolution. Madrid, Spain, March 2020
13. Update on the Scientific Evidence of Dry Needling. 30th ONCE School of Physiotherapy Congress: Myofascial Pain Syndrome and Myofascial Trigger Points: 20 Years of Evolution. Madrid, Spain, March 2020
14. Effect on Elastic Therapeutic Taping on Abdominal Muscle Endurance in Patients with Chronic Nonspecific Low Back Pain; A Randomized, Controlled, Single-Blind, Crossover Trial. Presented on behalf of Dr. Mohammadreza Pourahmadi (Iran) at the 10th Interdisciplinary World Congress on Low Back Pain and Pelvic Girdle Pain, Antwerp, Belgium, October 2019
15. Pain Science – Why it does matter. 35th NAMTPT Annual Conference, Herndon, VA, September 2019.
16. An Exploration into Adverse Events, Anti-Thrombotics, Trigger Points and Other Potentially Sticky Issues, Australasian Dry Needling Symposium, Melbourne, Australia, July 2019
17. Trigger Point Dry Needling: Update on Scientific Criteria and Interrater Reliability. Dry Needling Symposium, Houten, the Netherlands, October 2018
18. Adverse Events and Dry Needling. Dry Needling Symposium, Houten, the Netherlands, October 2018
19. Triggerpunkttherapie und Dry Needling – Best Practise aus der Therapie von Sportlern - mit einer live gezeigten Behandlung. Physiokongress West, Essen, Germany, September 2018
20. Myofascial Pain in Instrumental Musicians. MusicPhysio Congress, Osnabrück, Germany, September 2018
21. Punción Seca en el Contexto de la Ciencia Contemporánea del Dolor (Dry Needling in the Context of Contemporary Pain Science). 2do Congreso Internacionale CofirenI, Monterrey, Mexico, June 2018
22. Update of the Scientific Myofascial Pain Literature. Second Iranian International Physiotherapy Congress, Iranian Physiotherapy Association, Tehran, Iran, May 2018
23. Biomechanics and Pain Science: How to Reconcile Both Perspectives. Second Iranian International Physiotherapy Congress, Iranian Physiotherapy Association, Tehran, Iran, May 2018.
24. Dry Needling in Sports Medicine. Aspetar Sports Medicine Center, Doha, Qatar, April 2018
25. Triggerpunkttherapie und Dry Needling (Trigger Point Therapy and Dry Needling), FIBO, Cologne, Germany April 2018
26. History of Dry Needling, Colorado Physical Therapy Association, Regis University, Denver, CO, March 2018
27. Myofascial Pain: Fact or Fallacy. Congress Universidad Autónoma de Madrid, Spain, March 2018
28. Trigger Point Therapy: More than just a Pain Killer? Congress Universidad Autónoma de Madrid, Spain, March 2018
29. Trigger Points and Contemporary Pain Science. 2nd International Scientific Meeting on Myofascial Therapy Leuven, Belgium, December 2017
30. Myofascial Pain Syndrome; State of the Art 2017, 2nd International Scientific Meeting on Myofascial Therapy Leuven, Belgium, December 2017
31. Trigger Points and Contemporary Pain Science. Myopain 2017, Bangalore, India, October 2017
32. First Iranian International Physiotherapy Congress, Iranian Physiotherapy Association, Tehran, Iran, May 2017 Myofascial Pain Syndrome - Evidence-Informed Treatment Options. Myopain 2017, Bangalore, India, October 2017
33. Pathogenesis of Myofascial Pain Syndrome. Myopain 2017, Bangalore, India, October 2017
34. Ehlers-Danlos Syndrome and Sensitization. EDS Wellness’ 2017 Physician’s Conference, Middleburg, VA, June 2017
35. Dry Needling; Linking Research to Practice. First Iranian International Physiotherapy Congress, Iranian Physiotherapy Association, Tehran, Iran, May 2017
36. Current Evidence of Myofascial Pain Research.
37. Dry Needling – An Evidence Based Intervention, University of Maryland, School of Physical Therapy, Baltimore, MD, April 2017
38. Dry Needling – Inhibiting the Inhibition, NAMTPT 2016, Herndon, VA, October 2016
39. Research Update in Myofascial Pain, NAMTPT 2016, Herndon, VA, October 2016
40. Current Findings on Myofascial Pain; Treatment Options and Integrative Strategies, NAMTPT 2016, Herndon, VA, October 2016
41. Dry Needling – An Evidence Based Intervention, University of Maryland, School of Physical Therapy, Baltimore, MD, April 2016
42. Overview of Recent Myofascial Pain Literature, Myopain Mini-Conference, Rockville, MD, March 2016

43. State of the Art: An Update of Recent Research in the Field of Myofascial Therapy, First International Scientific Meeting on Myofascial Therapy, Mechelen, Belgium, November 2015
44. Physical Therapy and Ehlers-Danlos Syndrome: From a Structural Approach to a Process Approach. 2015 Learning Conference, The Ehlers-Danlos Foundation, Baltimore, August 2015
45. Dry Needling – An Evidence Based Intervention, University of Maryland, School of Physical Therapy, Baltimore, MD, April 2014
46. Dry Needling in Kuwait. Al Seef Hospital, Kuwait City, Kuwait, February 2015
47. Keynote: Myofascial Pain and Fibromyalgia. Calgary Pain Conference. Calgary, AB, Canada, December 2014
48. Wetenschappelijke evidentie van myofasciale pijn en dry needling. Nederlands Myofasciaal Pijncongres, Groningen, the Netherlands, November 2014
49. Hands-on Dry Needling. Myofascial Pain and Fibromyalgia: Clinical Seminars on Preventing Chronic Pain. US Chapter of the International Myopain Society. Minneapolis, MN, September 2014
50. Physical Therapy in the Management of EDS. 2014 Ehlers Danlos Syndrome Physicians Conference, Baltimore, MD September 2014
51. Dry Needling – An Evidence Based Intervention, University of Maryland, School of Physical Therapy, Baltimore, MD, April 2013
52. Keynote: Science and Trigger Points; Does it Matter? Pain Management Conference 2014. Massage Therapists' Association of British Columbia. Vancouver, BC, Canada, March 2014
53. To Needle or Not To Needle, That Is The Question: Posterior Tibialis Muscle Trigger Point Deep Dry Needling. Myopain 2013 - Ninth World Congress on Myofascial Pain and Fibromyalgia. International Myopain Society, Seattle, WA, August 2013
54. Adverse Events following Trigger Point Dry Needling: A Prospective Survey of Chartered Physiotherapists. Myopain 2013 - Ninth World Congress on Myofascial Pain and Fibromyalgia. International Myopain Society, Seattle, WA, August 2013
55. Dry Needling – The Scientific Basis. Myofasciale pijn en dry needling: 'evidence' in de dagelijkse praktijk. Houten, the Netherlands, June 2013
56. Dry Needling – An Evidence Based Intervention, University of Maryland, School of Physical Therapy, Baltimore, MD, May 2013
57. The Ins and Outs of Dry Needling. APTA of Maryland. Baltimore, MD, March 2013
58. Dry Needling – An Emerging Technique in Physical Therapists Practice. American Physical Therapy Association, Combined Sections Meeting. San Diego, CA, January 2013.
59. Dry Needling – The Current Evidence. International Federation of Orthopaedic Manual Physical Therapists, Quebec City, QB, Canada, October 2012
60. Dry Needling – The Current Evidence. Connecticut Physical Therapy Association. September 2012
61. Physical Therapy Management of Persons with Ehlers Danlos and Chiari Malformation. University of Castilla-La Mancha, Toledo, Spain, April, 2012
62. Central Sensitization in Physical Therapy Practice. CEU Cardenal Herrera University, Valencia, Spain, April 2012
63. Physical Therapy, Chiari Malformations, and Ehlers-Danlos Syndrome, Ehlers-Danlos Syndrome Colloquium, Washington, DC, September 2011
64. Physical Therapy Management of Persons with Ehlers-Danlos Syndrome, Ehlers-Danlos National Foundation, Baltimore, MD, July 2011
65. Physical Therapy for Instrumentalist Musicians. American Physical Therapy Association, Combined Sections Meeting. New Orleans, LA, February 2011
66. Myofascial Pain inhibits Head and Neck Function. American Academy of Orofacial Pain, Las Vegas, NV, May 2011
67. Instrumental Musician with Upper Extremity Dysfunction. APTA Combined Sections 2011, New Orleans, LA, February 2011
68. Myofascial Pain and Fibromyalgia. Santa Maria Nuova, Reggio Emilia, Italy, October 2010
69. Intramuscular Manual Therapy (aka Dry Needling); Emerging Issues in Physical Therapy. American Physical Therapy Association: 2010 State Government Affairs Forum. Portland, OR, September 2010
70. Dry Needling in the Treatment of Headaches and Orofacial Pain, American Academy of Orofacial Pain, Orlando, FL, May 2010
71. Specificity in Muscle Examination. Congress: Does the Efficacy of Manual Therapy Depend on its Specificity? Parma, Italy, April 2010
72. Trigger Point Dry Needling. Second International Fascia Research Congress. Free University, Amsterdam, the Netherlands, October 2009
73. Myofasciale Triggerpoints. Pain Symposium. University of Groningen, the Netherlands, April 2008
74. Myofascial Trigger Points and Low Back / Pelvic Pain; Evidence-Informed Therapeutic Options. 6th Interdisciplinary World Congress on Low Back & Pelvic Pain. Barcelona, Spain, November 2007
75. Myofascial Pain in the Lower Quadrant: the Missing Points, Annual Conference of the American Academy of Orthopedic Manual Physical Therapists, Charlotte, NC, November 2006

76. Trigger Point Dry Needling. Virginia State Board of Physical Therapy, October 2006
77. Dry Needling in Orthopedic Physical Therapy Virginia Physical Therapy Association, Richmond, VA, November 2005
78. Myths and Mysteries of Myofascial Pain Syndrome, Focus on Pain 2005, Philadelphia, PA, October 2005
79. Back to Basics: An Integrated Approach to Chronic Low Back and Pelvic Pain Multidisciplinary Approaches to Low Back and Pelvic Pain Conference, Tampa Bay, FL June 2004
80. Musculoskeletal Problems in the Instrumentalist Guest lecturer – Music Department George Mason University, Fairfax, VA, February 2003
81. Controversies in the Diagnosis of Fibromyalgia, Guest lecturer - Rocabado M3 Course, Santiago, Chile, December 2002
82. Myofascial Pain Syndrome in Dental Practice, Guest lecturer - Rocabado M3 Course, Santiago, Chile December 2002
83. Controversies in the Diagnosis of Fibromyalgia, Integramedica, Santiago, Chile, November 2002
84. Myofascial Pain Syndrome, Integramedica, Santiago, Chile, November 2002
85. Dynamic vertebral stabilization National Convention, National Association of Myofascial Trigger Point Therapists, Nassau, Bahamas, March 2002
86. Fibromyalgie, ein schmerzhafter Punkt [in German - Fibromyalgia, a tender point] Keynote Speaker, Congress, SPV 2001, Swiss Physical Therapy Association, Fribourg, Switzerland, May 2001
87. Fibromyalgia; a tender point, National conference, National Association of Myofascial Trigger Point Therapists, San Diego, CA, April 2001
88. Controversies in the Diagnosis of Fibromyalgia, Grand Rounds - National Institutes of Health, Department of Physical Medicine & Rehabilitation, Bethesda, MD, April 2001
89. Neurophysiology of Myofascial Trigger Points, 2nd GCC Annual Physical Therapy Conference, Bahrain Physical Therapy Association; Manama, Bahrain, November 2000
90. The Problems of Fibromyalgia, Sports Medicine in the 21st Century: Issues of Impairment, 8th Annual Mid-American Sports Medicine Symposium; Ypsilanti, MI, April 2000
91. From Tender/Trigger Point to Function; An Integrated Approach, Focus on Pain 2000, Mesa, AZ, March 2000

SELECT WORKSHOPS (2015 – current):

1. Dry Needling 1 – International format, Delhi, India, February 2023
2. CRAFTA Dry Needling, Gennep, Netherlands, January 2023
3. Dry Needling 1 – International format, Kuwait City, Kuwait, December 2022
4. Dry Needling 2 – International format, Quito, Ecuador, November 2022
5. Dry Needling Workshop, Forum Fisioterapia, Mérida, Mexico, April 2022
6. Dry Needling for Occupational Therapists 2, Appleton, WI, January 2021
7. Dry Needling 1, Bethesda, MD, January 2022
8. Dry Needling 1 – International format, Doha, Qatar, December 2021
9. Canine Trigger Point Management, The Woodlands, TX, October 2021
10. Dry Needling for Occupational Therapists 1, Appleton, WI, October 2021
11. Dry Needling 3, Bethesda, MD, September 2021
12. Dry Needling 2, Bethesda, MD, August 2021
13. Dry Needling 1, Overland Park, KS, August 2021
14. Dry Needling 1– International format, Quito, Ecuador, July 2021
15. Dry Needling Dissection, Colorado Springs, CO, July 2021
16. Dry Needling 1, Bethesda, MD, June 2021
17. Dry Needling 1, Bethesda, MD, May 2021
18. Dry Needling 1, Oak Brook, IL, April 2021
19. Dry Needling 3, Bethesda, MD, April 2021
20. Dry Needling 1, Bethesda, MD, April 2021
21. Dry Needling for Occupational Therapists 1, Appleton, WI, March 2021
22. Orofacial Dry Needling 2, Bethesda, MD, February 2021
23. Dry Needling 1, Bethesda, MD, February 2021
24. Dry Needling for Occupational Therapists 1, Appleton, WI, January 2021
25. Orofacial Dry Needling 1, Bethesda, MD, January 2021
26. Dry Needling 1, Bethesda, MD, January 2021
27. Dry Needling 3, Silver Spring,, MD, December 2020
28. Dry Needling 3, Silver Spring, MD, November 2020
29. Dry Needling 2, Silver Spring, MD, November 2020
30. Dry Needling Dissection, Colorado Springs, CO October 2020
31. Dry Needling 1, Rockville, MD, October 2020
32. Dry Needling 1, Bethesda, MD, October 2020

33. Dry Needling 2, Appleton, WI, September 2020
34. Dry Needling 3, Rockville, MD, September 2020
35. Dry Needling 1, Rockville, MD, August 2020
36. Dry Needling 1, Bethesda, MD, August 2020
37. Dry Needling 3, Rockville, MD, July 2020
38. Dry Needling 1, Rockville, MD, July 2020
39. Dry Needling for Scar Tissue, Tendinopathy, Enthesopathy, and Neurological Conditions. Madrid, Spain, March 2020
40. Dry Needling 2, Doha, Qatar, January 2020
41. Dry Needling 3, Jounieh (Beirut), Lebanon, January 2020
42. Dry Needling 3, Monterrey, NL, Mexico, December 2019
43. Dry Needling 2, Jounieh (Beirut), Lebanon, November 2019
44. Dry Needling 1, Jounieh (Beirut), Lebanon, November 2019
45. CRAFTA Dry Needling, Gennep, the Netherlands, November 2019
46. Master Class Dry Needling – State of the Art 2019, Brugge, Belgium, November 2019
47. Dry Needling 1, Bethesda, MD, October 2019
48. Dry Needling 1, Doha, Qatar, October 2019
49. Dry Needling 1 & 2, Monterrey, NL, Mexico, September 2019
50. Dry Needling, A Practical Workshop, Australasian Dry Needling Symposium, Melbourne, Australia, July 2019
51. Dry Needling 1, Jounieh (Beirut), Lebanon, June 2019
52. Dry Needling Dissection, Colorado Springs, CO, May/June 2019
53. Dry Needling 1 & 2, Quito, Ecuador, May 2019
54. Dry Needling 1, Roseau, MN, March 2019
55. Trigger Point Dry Needling, Module III, part 1, Groningen, the Netherlands, March 2019
56. Dry Needling 3, Doha, Qatar, March 2019
57. Dry Needling 1, Bethesda, MD, February 2019
58. Dry Needling 1, Bethesda, MD, January 2019
59. Introduction to Trigger Point Dry Needling, Kuwait Ministry of Health, Kuwait, December 2018
60. Dry Needling 2, Doha, Qatar, December 2018
61. Dry Needling 3, Bethesda, MD, December 2018
62. Master Dry Needling Course. Brugge, Belgium, November 2018
63. Dry Needling 1, Bethesda, MD, November 2018
64. Dry Needling 1 & 2, Quito, Ecuador, October 2017
65. Dry Needling for OTs, Wauwatosa, WI, October 2018
66. Dry Needling 1, Doha, Qatar, September 2018
67. Webinar Dry Needling 3, Bethesda, MD, September 2018
68. Dry Needling 2, Bethesda, MD, September 2018
69. Management of Myofascial Pain, MusicPhysio Congress, Osnabrück, Germany, September 2018
70. Webinar Dry Needling 3, Bethesda, MD, August 2018
71. Webinar Dry Needling 3, Bethesda, MD, July 2018
72. Dry Needling 3, Bethesda, MD, July 2018
73. Dry Needling 1, Bethesda, MD, July 2018
74. Dry Needling for Scar Tissue, 2do Congreso Internacional Monterrey, Nuevo León, Mexico, June 2018
75. Dry Needling 3, Bethesda, MD, June 2018
76. DN 1 and 2, Tehran University of Medical Sciences, School of Rehabilitation Sciences, Tehran, Iran, May 2018
77. Dry Needling 3, Doha, Qatar, April 2018
78. Dry Needling for Scar Tissue, Colorado Physical Therapy Association, Regis University, Denver, CO, March 2018
79. Trigger Point Dry Needling, Module III, part 1, Groningen, the Netherlands, March 2018
80. Dry Needling 3, Quito, Ecuador, February 2018
81. Dry Needling 3, Bethesda, MD, January 2018
82. Dry Needling 1, Milan, Italy, December 2017
83. TMD and Whiplash, 2nd International Scientific Meeting on Myofascial Therapy Leuven, Belgium, December 2017
84. Orofacial Dry Needling 3, Bethesda, MD, November 2017
85. Refresher Dry Needling – CRAFTA, Gennep, the Netherlands, November 2017
86. Dry Needling for the Head/Neck/Shoulder, Gennep, the Netherlands, November 2017
87. Elevate your manual therapy practice by incorporating State-of-the-art external focus exercise and training. with Marc Sickel, ATC. Salt Lake City, UT, October 2017
88. Dry Needling 1, Doha, Qatar, October 2017
89. Introduction to Dry Needling for Low Back Pain. Myopain 2017, Bangalore, India, October 2017

90. Dry Needling 3, Casper, WY, September 2017
91. Orofacial Dry Needling 2, Bethesda, MD, August 2017
92. Pelvic Pain Dry Needling Master Course, Sydney, NSW, Australia, August 2017
93. Common Conditions Dry Needling Master Course, Sydney, NSW, Australia, August 2017
94. Pelvic Pain Dry Needling Master Course, Melbourne, Victoria, Australia, July 2017
95. Common Conditions Dry Needling Master Course, Melbourne, Victoria, Australia, July 2017
96. Canine Trigger Point Management, The Woodlands, TX, July 2017
97. Dry Needling 2, Bethesda, MD, July 2017
98. Dry Needling 1, Bethesda, MD, June 2017
99. Master Class Dry Needling, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran, May 2017
100. Dry Needling 1 & 2, Quito, Ecuador, May 2017
101. Dry Needling 3, Doha, Qatar, April 2017
102. Dry Needling 2, Valencia, Spain, March 2017
103. Dry Needling 1, Bethesda, MD, March 2017
104. Trigger Point Dry Needling, Module 3a, Gennep, the Netherlands, March 2017
105. Dry Needling 2, Bethesda, MD, February 2017
106. Dry Needling 3, Carmel, IN, February 2017
107. Dry Needling 3, Wasilla, AK, January 2017
108. Dry Needling 2, Doha, Qatar, December 2016
109. Dry Needling 2, Limerick, Ireland, December 2016
110. Dry Needling for Pelvic Pain and Dysfunction, Dublin Ireland, November 2016
111. Canine Trigger Point Management, The Woodlands, November 2016
112. Trigger Point Dry Needling, Module III, part 1, Groningen, the Netherlands, November 2016
113. Low Back, Pelvic and Leg Pain Module II, Groningen, the Netherlands, November 2016
114. Dry Needling 1 & 2, Arequipa, Peru, October 2016
115. Dry Needling 1, Doha, Qatar, September 2016
116. Dry Needling 1, Abu Dhabi, UAE, September 2016
117. Dry Needling 2, Bethesda, MD, September 2016
118. Dry Needling 1, Carmel, IN, August 2016
119. Dry Needling 2, Bethesda, MD, July 2016
120. Dry Needling 1, Bethesda, MD, July 2016
121. Advanced Dry Needling Workshop, Melbourne, Victoria Australia, June 2016
122. Advanced Dry Needling Workshop, Sydney, NSW, Australia, June 2016
123. Dry Needling 1, Bethesda, MD, June 2016
124. Dry Needling 1, Wasilla, AK, May 2016
125. Dry Needling 1, Bethesda, MD, May 2016
126. Dry Needling 3, Doha, Qatar, April 2016
127. Dry Needling 3, Dubai, UAE, April 2016
128. Trigger Point Dry Needling, Module III, part 1, Groningen, the Netherlands, April 2016
129. Low Back, Pelvic and Leg Pain Module II, Groningen, the Netherlands, April 2016
130. Dry Needling 2, Dubai, UAE, March 2016
131. Dry Needling 2, Valencia, Spain, March 2016
132. Dry Needling 2, Limerick, Ireland, March 2016
133. Dry Needling 1, Dubai, UAE, February 2015
134. Dry Needling 2, Doha, Qatar, January 2016
135. Dry Needling 3, Mangalore, India, January 2016
136. Dry Needling 2, Mangalore, India, January 2016
137. Dry Needling 1, Kensington, MD, December 2015
138. Dry Needling for Elite Tennis Players, Association of Tennis Professionals, Ponte Vedra, FL, December 2015
139. Clinical Workshop: Advanced Techniques with Jan Pattyn, First International Scientific Meeting on Myofascial Therapy, Mechelen, Belgium, November 2015
140. Trigger Point Dry Needling, Module III, part 1, Groningen, the Netherlands, November 2015
141. Low Back, Pelvic and Leg Pain Module II, Groningen, the Netherlands, November 2015
142. Dry Needling for the Head/Neck/Shoulder, Gennep, the Netherlands, November 2015
143. Clinical Anatomy (with Prof Andry Vleeming), Biddeford, ME, October 2015
144. Dry Needling 1, Dubai, UAE, October 2015
145. Dry Needling 3, Bangalore, India, October 2015
146. Dry Needling 2, Bangalore, India, October 2015
147. Dry Needling 1, Doha, Qatar, October 2015
148. Dry Needling 2, Bethesda, MD, August 2015

149. Dry Needling 1, Mangalore, India, August 2015
150. Canine Trigger Point Management. The Woodlands, June 2015
151. Dry Needling 2, Dubai, UAE, May 2015
152. Dry Needling 4, Appleton, WI, May 2015
153. Trigger Point Dry Needling, Module III, part 1, Groningen, the Netherlands, April 2015
154. Low Back, Pelvic and Leg Pain Module II, Groningen, the Netherlands, April 2015
155. Dry Needling 1, Bethesda, MD, March 2015
156. Dry Needling 3, Bethesda, MD, March 2015
157. Dry Needling 4, Dubai, UAE, February 2015
158. Dry Needling 1, Dubai, UAE, February 2015
159. Dry Needling 1, Bangalore, India, February 2015
160. Dry Needling 2, Limerick, Ireland, January 2015
161. Dry Needling 4, Bethesda, MD, January 2015

POSTER PRESENTATIONS:

1. Mayberry, N, J. Dommerholt: The Playground Approach: An Introduction to External Focus Exergaming in the Treatment of Patients with Low Back Pain. 10th Interdisciplinary World Congress on Low Back Pain and Pelvic Girdle Pain, Antwerp, Belgium, October 2019
2. MacDonald, C, J. Dommerholt, B. Burkhart: Scar tissue manipulation with adapted dry needling to address chronic motion impairment: A case report. Reno, NV, AAOMPT, November 2018
3. Muñoz, M. S. Calvo, J. Dommerholt, P. Herrero: Dry Needling and Antithrombotic Drugs. Las V Jornadas de Innovación en Fisioterapia, Zaragoza, Spain, May 2017
4. Cerezo-Téllez, E, M. Torres-Lacomba, O. Mayoral-del-Moral, B. Sánchez- Sánchez, J. Dommerholt, L. Prieto-Valiente: Prevalencia del Síndrome de Dolor Miofascial en Cervicalgia Crónica Inespecífica. Estudio Descriptivo Transversal. Congreso de Dolor de La Asociación Chilena Para el Estudio Del Dolor (Ached) y al I Congreso de Cuidados Paliativos Ached. Santiago, Chile, November 2015
5. Dommerholt, J, M. Layton, R.D. Gerwin: To Needle Or Not To Needle, That Is The Question: Posterior Tibialis Muscle Trigger Point Deep Dry Needling. Myopain 2013 - Ninth World Congress on Myofascial Pain and Fibromyalgia. International Myopain Society, Seattle, WA, August 2013
6. Brady S., J. McEvoy, J. Dommerholt, C. Doody: Adverse Events following Trigger Point Dry Needling: A Prospective Survey of Chartered Physiotherapists. Myopain 2013- Ninth World Congress on Myofascial Pain and Fibromyalgia. International Myopain Society, Seattle, WA, August 2013
7. Bron, C., A. de Gast, J. Dommerholt, B. Stegenga, M. Wensing, R.A.B. Oostendorp: Treatment of Myofascial Trigger Points in Shoulder Disorders. Eight World Congress on Myofascial Pain and Fibromyalgia, Toledo, Spain, October 2010
8. Dommerholt, J: Dry Needling and PT Scope of Practice. International Summit on Direct Access and Advanced Scope of Practice. National Harbor, MD, October 2009
9. Gerwin, R.D., S. Shannon, J. Dommerholt, M. Hunter, B. Roth: A Randomized, Controlled, Double-Blind Study of Ferris PainWrap, a Semipermeable Hydrophilic Polymeric Membrane, in the Treatment of Chronic Low Back Pain. Myopain 2007, Seventh World Congress on Myofascial Pain and Fibromyalgia, Washington, DC, August 2007
10. Dommerholt, J: Myofascial Pain Syndrome in a Classical Guitarist Myopain 2004, Sixth World Congress on Myofascial Pain and Fibromyalgia, Munich, Germany, July 2004
11. Gerwin, R.D., J. Dommerholt, J.P. Shah: An Expansion of Simons' Integrated Trigger Point Hypothesis Myopain 2004, Sixth World Congress on Myofascial Pain and Fibromyalgia, Munich, Germany, July 2004
12. Gerwin, R.D., J. Dommerholt: Chronic Cervical Whiplash Whiplash Associated Disorders ,World Congress Vancouver, B.C., Canada, February 1999
13. Gerwin, R.D., J. Dommerholt: Myofascial Trigger Points in Chronic Cervical Whiplash Myopain 98, Fourth World Congress on Myofascial Pain and Fibromyalgia Silva Marina, Italy, August 1998

INVITED PODCASTS AND WEBINARS

1. Get Back with Dombek – Andrew Dombek Podcast, July 2021
2. Facebook - Jenna Kantor was live with Jan Dommerholt. August 2018

3. "Physical Therapy for EDS - Part 2" - Why does it hurt all of the time? EDS Awareness Series. <https://youtu.be/XJ2hyfgqHkk>
4. Manual Therapy for Musculoskeletal Pain Syndromes: An Interview with Dr Jan Dommerholt. CPD Health Courses. <http://cpdhc.podbean.com/e/manual-therapy-for-musculoskeletal-pain-syndromes-an-interview-with-dr-jan-dommerholt/>
5. Dry needling is a tool, not a discipline. Private Practice Success & Growth Strategies, Dr. Joe Simon. <http://privatepracticebusinessacademy.com/myopainseminars/>
6. Dry Needling Around the World. An Interview with Dr Jan Dommerholt. CPD Health Courses.
7. How having a treatment framework can change everything. Life After Pain. <http://lifeafterpain.com/info/expert-interviews/dry-needling-courses/>
8. Physical Therapy for Ehlers-Danlos. EDS Awareness Series. <https://youtu.be/7OPIIszdAN4>
9. CSF Ehlers-Danlos Syndrome Colloquium. <https://vimeo.com/35766706>
10. Ehlers-Danlos Syndrome: Physical Therapy and Exercise. <https://youtu.be/cU5KGVy6JeQ>
11. Dr Jan Dommerholt: Dry Needling Therapist, Author, Researcher & Educator. Sept 4th 2014. CPD Health Courses. <http://cpdhc.podbean.com/page/2/>

MEDIA COVERAGE:

1. After a debilitating stroke, a pianist feels his way back to music by Michael Andor Brodeur. Washington Post, April 8, 2022
2. Eén naald en je voelt niets meer. Is dry needling de ultieme pijnbestrijder? Het Nieuwsblad. Belgium, November 17, 2017 (http://www.nieuwsblad.be/cnt/dmf20171117_03192015)
3. Exergaming – Unique Physical Therapy Approach. ABC-7 Good Morning Washington, July 2017
4. "Exergaming" Profiled on Local Television Show. PT in Motion, June 2017
5. Could Physical Therapy Have Prevented Tiger Woods from Drugged Driving? ABC-7 News, June 5, 2017
6. Exergaming: The future of physical therapy at PhysioFitness, ABC-7 Good Morning Washington, March 20, 2017
7. Acupuncturists and Physical Therapists Declare War Over 'Dry Needling.' Healthline, September 7, 2016. <http://www.healthline.com/health-news/acupuncturists-declare-war-over-dry-needling#12>
8. Spierknopen, hoe kom je ervan af? De Volkskrant, November 3, 2015
9. Ask Well: Muscle 'Knots', New York Times, July 13, 2015
10. After trigger point dry needling, a runner's injury heals. But did the technique do it? Washington Post, November 4, 2014
11. Straight to the Point, Boulder Weekly, June 20, 2013
12. Myofascial pain syndrome often leaves doctors baffled and patients untreated, Washington Post, June 17, 2013
13. Negotiating for Non-Cash Compensation, Maryann DiGiacomo, Perspectives, January 2009
14. Conquering Chronic Pain, NBC4 Washington (television), June 2008
15. Tubalepper og harpekramper. Dagens Medisin, June 8, 2008
16. Whatever Moves You. Baja Times, Vol 30(79); April 16-30, 2008
17. Sore? It may be overuse or inactivity. Thespec.com, February 19, 2008
18. Treating the Trigger, Advance for Physical Therapists & PT Assistants, 19(6)26, 2008
19. Fitness Column, Washington Post, December 26, 2007
20. Fitness Column, Washington Post, December 18, 2007
21. 2006 Manual Therapy Awards and Abstracts – J Manual Manipul Ther, 2007;15(1):59–62
22. Birk, S: Pressing Need; Flatten myofascial pain syndrome with manual therapy - Today in PT, May 14, 2007
23. Painful Note – Albuquerque Journal, September, 2003
24. Tuba Lips, Guitar Nipples and other Musical Maladies – Washington Post, March 25, 2003
25. Interview – University of Maryland Cable Television, October 2001
26. Playing without Pain – The International Musician, December 2000, 12-13
27. Live with David Bloomer - Bahrain Radio, November 2, 2000
28. Interview - Bahrain Television, November 1, 2000
29. Treatment of Choice; The Pain That's Hard to Name - Washington Post, August 29, 2000
30. Keep the Music Playing - Advance for Directors in Rehabilitation, 1996, Vol.5, 9, 34-37
31. Arts Medicine - NBC4 Washington (television), January 1994
32. Een verontrustende nieuwe ziekte onder beeldschermwerkers (A Worrysome New Disease among Computer Operators) - Vrij Nederland, December 1993 (Dutch Newspaper)
33. Repetitive Motion Disorders – NBC4 Washington (television), October 1993
34. Decouverte: Arts Medicine, a documentary - Canadian Broadcasting Company (television), September 1993
35. Arts Medicine: A New Medical Specialty – CNN (television), January 1993
36. Music Medicine: The National Arts Medicine Center - Interview for the Voice of America (radio), August 1992
37. Holistic Approach is Usual for Dutch PTs - Advance for Physical Therapists, 1990(1):9
38. Physical Therapists Use Colorful Solution - Advance for Physical Therapists, 1990(1):44