

## **SCPT Practice Resource**

### **Dry Needling**

#### **Standards of Practice for Physical Therapists and Practice Resources**

Along with the implementation of the Standards of Practice document (as of September 1, 2022), Practice Guidelines are being transitioned to Practice Resources. Practice Resources are educational documents for physical therapists when considering broader topics that may involve multiple standards or regulations.

As part of the transition, Practice Guidelines will be renamed Practice Resources until they can be incorporated into new revamped Practice Resources.

*The Physical Therapists Act* and SCPT Bylaws, which includes the Ethical Code, and the Standards of Practice document are the approved documents for physical therapy practice in Saskatchewan providing the foundation for which practitioners are governed within the regulatory environment.

#### **Background**

The SCPT Regulatory Bylaws define specialized physical therapy procedures to include dry needling, and section 18 of those bylaws prohibits members from performing dry needling unless they have completed an educational program recognized by the council. Part of the requirement included in the bylaws is specific to a 90-hour theoretical and practical course instruction component. It should be noted that this 90-hour requirement may be met with course instruction hours, independent study pre course and/or with prerequisite acupuncture related requirements.

#### **Recognized Educational Programs**

The following educational programs are recognized by the council:

1. Successful completion of theoretical and practical examination and internship of the UBC Gunn IMS program (UBCGUNNIMS) as well as required prerequisites, including completion of part 1 and part 2 and all associated examinations.
2. Gokavi Transverse Technique (GTT). (Prerequisites for this course include being a member of the AFCl and having successfully completed the AFCl certification examination or equivalent.)
3. Kinetacore Functional Dry Needling. Must have completed either:
  - a. Level I and Basic Acupuncture prerequisite (AFCl certification or equivalent)
  - b. Both Kinetacore Functional Dry Needling Level 1 - Applications for Pain Management & Sports Injuries and Functional Dry Needling Level 2 - Advanced Applications for

Pain Management & Sports Injuries \*Note: Therapists are not permitted to dry needle following completion of level 1 only. This may apply to individuals who have been certified to practice these techniques through licensing in another jurisdiction in Canada.

- c. Successful completion of Kinetacore Functional Dry Needling Level 1, Kinetacore Functional Therapeutics, and Kinetacore Functional Dry Needling Level 2 \*Note: Therapists are permitted to dry needle only the muscle taught in level 1 following completion of both Level 1 and Functional Therapeutics for the purpose of completing their 100-hour practice log for level 2.
- 4. Myopain Dry Needling Seminars. Must have completed either:
  - a. DN I and Basic Acupuncture prerequisite (AFCI certification or equivalent)
  - b. DN I, DN II, AND DN III \*Note: If they do not hold basic acupuncture prerequisite, therapists are not permitted to dry needle until completion of all three levels is achieved.
- 5. Certification in Biomedical Dry Needling (instructed by Scott Gallant, PT, COMT, FAA-OMPT). Requires completion of Course I, Course II, and all associated examinations.
- 6. Certificate of Integrated Dry Needling (IDN) (Course by Whitmore Physiotherapy Consulting) including all associated written and practical examinations and required prerequisites of:
  - a. Acupuncture Certification from APCI or equivalent
  - OR
  - b. A minimum of level 2 upper and lower courses from the Diploma of Manipulative Therapy program run through the Orthopaedic Division of the Canadian Physiotherapy Association

**The SCPT Code of Ethical Conduct provides:**

**A. Responsibilities to the Client**

- 13. Take all reasonable steps to prevent harm to clients. Should harm occur disclose it to the client and others as required.
- 15. Practice the profession of physiotherapy according to their own competence and limitations, referring the client to others as necessary.
- 18. Comply with all legislation, guidelines, and regulatory requirements that pertain to the profession of physiotherapy.

### **Practice Resource**

1. Practicing acupuncture or dry needling techniques on patients is not permitted until the physical therapist has demonstrated competency through successful completion of the approved course and is able to provide proof of their educational requirements to SCPT if requested.
2. Physical therapists that have successfully completed a recognized educational program and are practicing dry needling are expected to use professional judgment and act within their level of competence.