

## SCPT Practice Guideline #10 – Dry Needling

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 (AFCl 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 AFCl 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

**Standards of Practice**

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.