

# Reserved Activities in Physiotherapy

## INSERTING NEEDLES UNDER THE DERMIS TO REDUCE INFLAMMATION, AS A SUPPLEMENTAL MEANS, PROVIDED A TRAINING CERTIFICATE HAS BEEN ISSUED TO THE MEMBER BY THE ORDER PURSUANT TO A REGULATION UNDER PARAGRAPHY O) OF SECTION 94<sup>1</sup>

This reserved activity allows physiotherapists with the appropriate certificate from the OPPQ to insert ultrafine dry needles mainly into muscle tissue to achieve a specific localized outcome. Dry needling is used to reduce signs and symptoms of inflammation such as pain, swelling, and tissue disorganization or to treat the causes of the inflammation.

Dry needling is an integral part of treatment plans for patients with physical function impairments or disabilities of the musculoskeletal system. **It should not be used alone, but should be combined with other methods to maintain and improve the patient's physical function.**

### AUTHORIZED MEMBERS

Physiotherapists

### CERTIFICATION

A training certificate issued by OPPQ is required to practice this reserved activity. For more information, please refer to the administrative guide.<sup>2</sup>

### COMPLEMENTARY

This activity may also involve other activities reserved to OPPQ members, such as using invasive forms of energy.<sup>3</sup> Percutaneous electrical nerve stimulation (PENS) is an example of a method that combines dry needling and electrical stimulation.

### SHARED

This activity is not reserved exclusively to physiotherapists. Acupuncturists may also use dry needles to reduce signs and symptoms of inflammation, relieve pain, and improve health.

It is important to specify that any act involving stimulation with needles related to traditional oriental medicine and energy treatments is reserved to acupuncturists. Dry needling is not an energy treatment using meridians and it is essential to avoid using related terminology.

<sup>1</sup> Section 37.1, Subsection 3 h) of the *Professional Code*.

<sup>2</sup> *Guide administratif du Règlement sur une activité de formation des physiothérapeutes pour l'utilisation des aiguilles sous le derme pour atténuer l'inflammation en complément de l'utilisation d'autres moyens* (2017), available on the OPPQ website (in French).

<sup>3</sup> Section 37.1, Subsection 3 of the *Professional Code*.