



College of

**HEALTH AND CARE  
PROFESSIONALS OF BC**

## **DRY NEEDLING**

### Certification Program

The *Health Professions and Occupations Act's* [Health and Care Professionals Regulation](#) authorizes certified physical therapists to perform a procedure on tissue below the dermis by inserting solid filament needles for the purpose of reducing inflammation or managing pain.

The College uses the following definition when discussing dry needling.

*“Dry needling is a broad term that refers to a treatment technique that uses solid filament needles to puncture the skin for therapeutic purposes. It includes a range of approaches, such as acupuncture, trigger point dry needling, intramuscular stimulation, or similar treatments used by numerous healthcare professionals.”*

— The Safe Practice of Dry Needling in Alberta  
Health Quality Council of Alberta, 2014

A Full licensee in good standing may apply to be certified to perform this restricted activity if they successfully complete the following requirements within 3 years of applying for the dry needling certification.

#### **Pre-requisites**

Practice as a physical therapist for at least 2 years and have reported at least 3900 practice hours to CHCPBC.

#### **Course requirements**

Dry needling course options currently approved by CHCPBC:

- Acupuncture Canada Certification in Dry Needling – Dry Needling Level 1 and Level 2 (Must complete two courses)
- Acupuncture Canada Certification, Level 1
- Acupuncture the Art and the Science (Manitoba): A Comprehensive Introduction to Acupuncture: the Art and the Science
- Evidence in Motion Functional Dry Needling Weekend Intensives (Must complete all three courses, with three 3-day version of each course; only accepted if completed on or after August 1, 2023)
  - Functional Dry Needling Level 1
  - Dry Needling: Clinical Integration
  - Functional Dry Needling Level 2
- Foundations Health Education Modern Dry Needling ANIMS (formerly ANIMS-1)



- McMaster University – Contemporary Medical Acupuncture
- On Point Physiotherapy – On Point Needling- Comprehensive Dry Needling (Must complete all three components; only accepted if completed on or after August 1, 2023)
  - Lower Quadrant
  - Upper Quadrant
  - Two individual modules /weekend courses each with online components
- OPPQ Puncture Physiothérapique avec Aiguilles Sèches: Cours de Base
- Smart Seminars Certification in Biomedical Dry Needling
- UBC Gunn IMS (Certification) Course
- Uplands Physiotherapy Clinic – Dry Needling Canada Courses Level 1 and 2

### **Course criteria**

- Courses must be offered at least annually in Canada
- Participants must be registered health professionals
- Dry needling must be within scope in the participant's home jurisdiction
- Instructor's training must have met the course criteria herein
- Instructors must have at least 5 years experience in the approach they are instructing
- Includes a total of at least 100 hours of instruction, including online study
- Hours of instruction must include at least 30 hours of hands-on clinical instruction
- Student:Instructor ratio maximum 8:1
- Must provide detail on how participants are assessed
- Must provide a sample course completion certificate
- Course content must include:
  - Acupuncture points (where relevant)
  - Integration of anatomy, physiology, microbiology, pathology
  - Needling skills, including safe practice
  - Infection control
  - Emergency preparedness and adverse event response
  - Clinical reasoning

### **References**

[Bylaws, section 7](#)

[Ethics and Practice Standards](#)