

Acupuncture or Dry Needling ? What is the difference ? Which modality is the right one for me ?

WHO ARE THE REAL DEAL ?

Licensed Acupuncturist	Dry Needling
<b>History</b>	
<p>Acupuncture is effective for many types of pain, including musculoskeletal pain and dysfunction due to trigger points, as well as a variety of other problems. Palpating and needling trigger points, in addition to standard acupuncture points, has been a common technique among acupuncturists for over a thousand years.</p> <p>Licensed acupuncturists have more training and experience in this technique than any other type of professional. The World Health Organization and numerous experts acknowledge that dry needling / IMS is a subtype of acupuncture.</p> <p>Part of the oldest, continuously practiced, literate, professional medical system in the world, with a documented history of use that goes back over 2,000 years. As a mature profession, there are tens of thousands of senior / expert acupuncturists involved in instruction of new practitioners and oversight of the profession. Millions of patients have received billions of acupuncture treatments.</p>	<p>Dry Needling / IMS is effective for musculoskeletal pain and dysfunction caused by trigger points</p> <p>"Dry Needling" is a term coined by Janet Travell, MD in the mid twentieth century. Dr. Travell used empty hypodermic needles to diffuse trigger points. The term "dry" refers to the fact that the needle does not contain any medication. Physical therapists have elected to retain this terminology even though hypodermic needles have been abandoned in favour of acupuncture needles. Even advocates acknowledge that the use of dry needling / IMS by non-acupuncturists is in its infancy. There are a small handful of non-acupuncturist / expert practitioners to provide instruction / oversight and a relatively small number of patients have been treated.</p>
<b>Level of Training</b>	
<p>Approved courses are acknowledged for registration of graduates by the CMRB. The standard describes the minimum standard for approval to be:</p> <ul style="list-style-type: none"> <li>• meets minimum levels of quality to ensure safe and ethical professional practice; and</li> <li>• consistently produces graduates who have acquired an entry-level standard of competence that satisfies contemporary standards of practice in Chinese medicine in Australia.</li> </ul> <p>Expectation of a four year full time course with <b>500-800 hours of supervised practical clinical training in the use of needle</b>, and minimum of four year bachelor degree program of approximately <b>2500 hours of substantially face to face instruction and training in diagnosis, biomedicine, ethics, anatomy and musculoskeletal, pharmacology and research.</b></p> <p>Continuity of Professional Education is mandatory.</p>	<p>Dry needling is <b>not a protected practice</b> under current legislation.</p> <p><b>Minimum of two days (between 27-72 hours) for dry needling course.</b> Accreditation given to successful participants <b>WITHOUT</b> requirement for supervised patient treatments and <b>NO</b> competency examination.</p> <p>For profit corporations without any independent oversight or accreditation administer training program.</p> <p>No requirement for continuing professional education in practice of dry needling.</p>

## Needling

**800-1000 hours of practical training with the understanding of needling techniques, and needling manipulation** with minimal harm.

Understand types of responses of sensation in relation to different type of pain.

Bruising and persistent soreness around the site of needling is rare.

**Only have 27-72 hours of training WITH NO or have very little understanding of needling techniques and manipulation.**

Deep, aggressive needle insertion with the aim to neutralised trigger points and motor points.

Often painful and potentially dangerous.

## Licensing and Regulation

**AHPRA registered profession and all licensed practitioner have met these clearly defined standards.**

**Training programs vary widely and minimum standards often not clearly defined.**

Certification obtained as low as 27 hours of training.

Dry needling courses are endorsed by Professional Associations.