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Directoraat-generaal Gezondheidszorg
Gezondheidsberoepen en beroepsuitoefening
Cel adviesorganen en regelgeving
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Federale Raad voor de Kinesitherapie, tav de Heer Peter van Roy

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Axxon, beroepsvereniging van Kinesitherapeuten

Imperiastraat 16 - 1930 Zaventem

Pro-Q-Kine

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Betreffende

FRK/2017/ADVIES-05 van 21/03/2017

Advies van de Federale Raad voor de Kinesitherapie over dry needling

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FRK/2017/ADVIES-05 van 21/03/2017

Advies van de Federale Raad voor de Kinesithherapie over Dry Needling

Beste,

Na het lezen van het advies willen wij als opleidingscentrum, met al jaren ervaring in de acupunctuur- en dryneedling onderwijs, dit advies graag bijsturen, bepaalde verwijzingen in zijn juiste context plaatsen en aanvullen wat blijkbaar steeds doelgericht vergeten wordt.

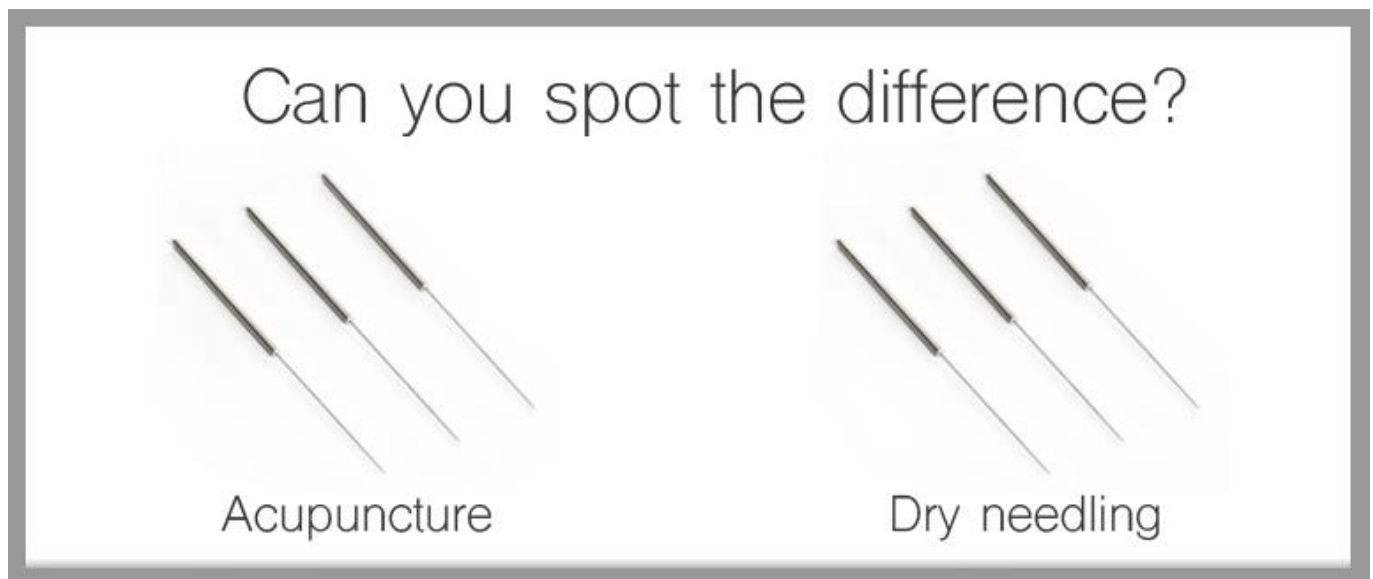
Wij zijn de laatste tijd ook heel verbaasd omtrent de terugbetaling i.v.m. het prikken van acupunctuurnaalden, meer specifiek, deze van de meest intensieve & gevoelige techniek uit de eeuwenoude acupunctuur, (干针, **gan zhen** in Chinese pinyin) onder de “Westerse” naam van “dry needling/ triggerpointtherapie/ myofasciale”.

- Wij willen hiermee aantonen dat het prikken van acupunctuurnaalden géén kinesitherapeutische techniek is en nooit geweest is of kan worden.
- Wij willen hiermee aantonen dat dry needling een eeuwenoude techniek uit de acupunctuur is en niet uitgevonden is in de USA als zijnde een “nieuwe” techniek van en voor kinesitherapeuten of manueeltherapeuten.
- Wij willen hiermee aantonen dat we indruk hebben dat via dit advies geprobeerd wordt één (1) eeuwenoude acupunctuur naaldtechniek binnen de kinesithherapie te loodsen, zodoende om de Wet op de Niet-Conventionele Praktijken van 1999 te omzeilen, en deze handelingen (onrechtmatig) te laten terugbetalen via het RIZIV., binnen de “kinesithherapie”.
- We willen hiermee ook aantonen, dat bepaalde referenties waar in het Advies van de FRK wordt verwezen, niet volledig zijn of bepaalde essentiële zaken niet vermeld zijn.
- We willen aantonen dat Dry Needling “op zich” onvoldoende wetenschappelijk onderbouwd is als therapie op zichzelf, en duidelijk een van de “naaldtechnieken” is, uit een gans arsenaal, die de acupuncturist gebruikt.
- Wij willen hiermee ook aantonen dat de opleiding al eeuwen behoort tot de “totaal opleiding” van een acupuncturist en dat deze techniek alléén veilig kan uitgevoerd worden door een medisch en goed opgeleide acupuncturist, conform de Wet op de Niet Conventionele Praktijken.

Definitie van acupunctuur:

De acupunctuur is een techniek die complementair is aan de gezondheidszorg, die historisch gezien onder meer haar oorsprong vindt in de TCG (Traditionele Chinese Gezondheidszorg), en waarvan **het doel is een therapeutisch effect te bereiken door stimulatie van bepaalde specifieke punten** op het menselijk lichaam **met behulp van steriele naalden**.

(1) (FOD Volksgezondheid, advies Kamer Acupunctuur 2012/ADVIES-K2)



Dry needling is not new.

It was described in the first century BCE in the *Yellow Emperor's Inner Classic* (黃帝內經, *Huáng Dì nèi jīng*), the foundational text of Chinese medicine

Historiek

1. Anyone practicing “**Dry Needling**” is actually practicing a somewhat **rudimentary style of Acupuncture**. **The technique of directly needling an area that is painful to the touch was outlined in the foundation text of Acupuncture and Chinese Medicine called the Huang Di Nei Jing (this was written around the 4th Century BCE)**. The areas of the muscle that are tender to the touch are referred to as “**Ashi**” points. They were given their own name because they usually did not correspond to any of the points on the meridians, but were clearly areas that needed to be identified and treated. Even more impressive, a **1977 study conducted by Melzack, Stillwell and Fox, that was published in Pain (the official journal of the International Association of the Study of Pain) established that “every trigger point [reported in the Western medical literature] has a corresponding Acupuncture point.”** Also, a number of subsequent studies that have been published in Western medical literature have reached the same conclusion.
(2) (Melzack R, Stillwell DM, Fox EJ. *Trigger points and acupuncture points for pain: correlations and implications. Pain. 1977 Feb;3(1):3–23.*)
2. There are also needle techniques in Chinese Medicine that deal specifically with pain from a muscular origin. These techniques are called Tendino-Muscular Techniques (or Gen-Luo). (*The Twelve Tendino-Muscular Meridians. Part 1 July 3, 2015 Martin Eisen [Scientific Qi Exploration 气的科学探讨] The Twelve Tendino-Muscular Meridians. Part 1 Marty Eisen Ph.D.*)
3. There are 2 of the Gen-Luo techniques that very strongly correspond to the release of Trigger Points. One is called Ju. This technique requires that the patient be put into whatever position is causing the muscle pain, and then having those tissues strongly released by an Acupuncture needle. **The second technique is called Luo. This technique is only to be used if a non-meridian point of pain (“Ashi” point) is painful to the touch and the pain refers to another location. The definition of a Trigger Point: “a localized usually tender or painful area of the body and especially of a muscle that when stimulated gives rise to pain elsewhere in the body . (Merriam-Webster's Learner's Dictionary - <https://www.merriam-webster.com/dictionary/trigger%20point>)**

Dry needling is acupuncture

Academically, we agree with the recent Education and Practice paper by Zhou *et al*, which states that, for the treatment of musculoskeletal disorders, dry needling and acupuncture overlap greatly in their origin, techniques and theories, and **dry needling is one subcategory of Western medical acupuncture, and is thus acupuncture.**

As current training and clinical practice of acupuncturists involve both Traditional Chinese Medicine (TCM) and Western medicine, at least in China, where acupuncture originated, we have the following comments. The term ‘acupuncture’ is a translation of 针刺术 (*zhen ci shu* in Chinese pin yin) or in short 针 (*zhen*), and is literally equivalent to the term ‘needling’ or ‘needling technique’. Based on the traditional and official definition, the term acupuncture refers to the actual insertion of a needle (usually a solid needle) into the body, which describes a family of procedures involving the stimulation of points on the body using a variety of techniques. The acupuncture technique that has been most often studied scientifically involves penetrating the skin with thin, solid, metallic needles that are usually manipulated by hand or by electrical stimulation. Practised in China and other Asian countries for thousands of years, acupuncture is one of the key components of TCM.

Acupuncture is currently practised internationally, and has attracted more and more interest in Western countries, especially in the UK and the USA. **Dry needling literally is acupuncture**, although the term is more commonly used instead of acupuncture by physiotherapists in Western countries. As stated in the article by Zhou *et al*, dry needling is a subcategory of Western medical acupuncture. **Taken literally, the term acupuncture includes both Western**

medical and traditional acupuncture, and thus obviously covers dry needling. Historically, dry needling is acupuncture. In China, especially in the East, the term dry needling (干针, *gan zhen* in Chinese pin yin) has been a folk name for acupuncture since Western medicine arrived in China in the late 1800s, when the term of dry needling was created in order to differentiate it from the needles used for injections by Western trained doctors. Many people in China still refer to acupuncture as dry needling, especially after acupuncture point injection therapy and aquapuncture therapy were developed in China in the early 1950. (4)

The term dry needling (*gan zhen*) has already become a synonym for acupuncture used by many Chinese practitioners. For example, when searching using the Chinese term 干针 in the Amazon book department all results are acupuncture books. With their combined education in both Western and Chinese medicine, modern acupuncturists from China are well equipped with knowledge and skills not only in TCM but also conventional medicine. Because of heterogeneous understanding and emphasis in training at different academic schools or different styles of practice, various types of acupuncture have developed all over the world, including Fu's acupuncture, scalp acupuncture, wrist and ankle acupuncture, abdominal acupuncture and others, which undoubtedly include dry needling. Because of the rapid development of science and technology, and significant progress in modern research into acupuncture, the potential therapeutic mechanisms of acupuncture have been explored and include Pavlovian conditioned reflexes, nerve segment theory, gate theory, somato-autonomic nerve reflexes and others. **All of these mechanistic concepts of acupuncture are based on modern biomedicine.** Clearly, traditional acupuncture is being explained by modern science. **In conclusion, dry needling is not only a subcategory of Western medical acupuncture but also an integral part of acupuncture per se. Although not all Western medicine practitioners may agree, dry needling is an important part of traditional acupuncture.** (3) (*dryneedling is acupuncture – BMJ – <http://aim.bmj.com/content/34/3/241>*) (4) (*Dry needling is one type of acupuncture – pagina 186*)

Dry Needling" is really Acupuncture



Dry needling - techniek is één van de naaldtechnieken uit de acupunctuur

Dry needling is one type of acupuncture

Dry needling is niet iets nieuws uit de 20^{ste} eeuw, maar werd al eeuwen terug beschreven in de **Huang Di Nei Jing (Yellow Emperor's Inner Classic)**.

Pijnpunten werden toen al uitvoerig beschreven en er werd duidelijk aangegeven dat dit niet gebaseerd is op de "meridiaan" theorie, noch op een of andere mystieke, filosofische of spirituele basis.

Sun Si Miao (581 – 682) beschreef deze ook al duidelijk **(4)** (*Dry needling is one type of acupuncture – pagina 186*)

We vinden het volledig ontstaan terug van de term "dry needling" en de evidentie dat het behoort tot de acupunctuur. Meer dan 93 % van de gebruikte punten zijn klassieke acupunctuurpunten, meer dan 97 % correspondeert met de pijnindicaties.

(4) (*Dry needling is one type of acupuncture – pagina 187*)

Verder lezen we

- **"the same needles involve the same biologic mechanisms" (4)** (*Dry needling is one type of acupuncture – pagina 187 - 188*)
- **" thus dry needling as defined by Western medicine, is one type of acupuncture".....dry needling is acupuncture (4)** (*Dry needling is one type of acupuncture – pagina 188*)

En laat ons zeker de "conclusion" onthouden: **" (4)** (*Dry needling is one type of acupuncture – pagina 189*)

Trigger points and classical acupuncture points

Uit belangrijke studies van Dr. T. Doscher (From the Department of Physical Medicine and Rehabilitation, Mayo Clinic, Jacksonville, Florida) en Dr. J. Fleckenstein (Department of Anesthesiology, University of Munich), geeft men duidelijk aan dat myofasciale triggerpunten voor meer dan 93% identiek zijn aan de klassieke acupunctuurpunten en dat ze voor 97% identiek zijn in het kader van pijnbehandeling.

(5) + (5b) (*Trigger Points and Classical Acupuncture Points: Part 3: Relationships of Myofascial Referred Pain Patterns to Acupuncture*) <http://www.sciencedirect.com/science/article/pii/S0415641209000022>

Traditional Chinese acupuncture manipulations and “dry needling”

It can be seen that “dry needling” therapy is actually a kind of differentiation of traditional Chinese acupuncture-moxibustion in the international communication.

(6) (*World Journal of Acupuncture - Moxibustion, Volume 26, Issue 2, June 2016, Pages 15-19*)
<http://www.sciencedirect.com/science/article/pii/S1003525717300041>

Dry needling: a de-meridian style of acupuncture

DN is a style of contemporary acupuncture, also called Trigger points (TrPs) acupuncture. This is because not only these myofascial TrPs stimulated by DN have always been acupoints, the needles and techniques used in DN are no different than acupuncture. Moreover, the mechanisms of DN and acupuncture are one and the same.

(7) (*World Journal of Acupuncture – Moxibustion, Volume 26, Issue 2, June 2016, Pages 1-5*)
<http://www.sciencedirect.com/science/article/pii/S1003525717300016>)

Evidence and expert opinions: Dry needling versus acupuncture (I)

In Western countries, **DN is a form of simplified acupuncture** using biomedical language in treating myofascial pain, **a contemporary development of a portion of Ashi point acupuncture from Chinese acupuncture.** It seeks to redefine acupuncture by reframing its theoretical principles in a Western manner. **DN-like needling with filiform needles have been widely used in Chinese acupuncture practice over the past 2,000 years.**

(8) *Dry needling versus acupuncture* PMID 28004301 PubMed - <https://www.ncbi.nlm.nih.gov/pubmed/28004301>

(9) *Dry needling versus acupuncture (II)* 28265852 PubMed - <https://www.ncbi.nlm.nih.gov/pubmed/28265852>

(10) *Evidence and Expert Opinions: Dry Needling versus Acupuncture (I)* *Chin J Integr Med* 2017 Jan;23(1):3-9

Evidence and expert opinions: Dry needling versus acupuncture (II)

We conclude that Dr. Travell, Dr. Gunn, Dr. Baldry and others who have promoted dry needling by simply rebranding (1) acupuncture as dry needling and (2) acupuncture points as trigger points (dry needling points). Dry needling simply using English biomedical terms (especially using "fascia" hypothesis) in replace of their equivalent Chinese medical terms. **Dry needling is an over-simplified version of acupuncture derived from traditional Chinese acupuncture.**

Trigger points belong to the category of Ashi acupuncture points in traditional Chinese acupuncture, and they are not a new discovery. By applying acupuncture points, **dry needling is actually trigger point acupuncture, an invasive therapy (a surgical procedure) instead of manual therapy.** Dr. Travell admitted to the general public that

dry needling is acupuncture, and acupuncture professionals practice dry needling as acupuncture therapy and there are several criteria in acupuncture profession to locate trigger points as acupuncture points. Among acupuncture schools, dry needling practitioners emphasize acupuncture's local responses while other acupuncturists pay attention to the responses of both local, distal, and whole body responses. **For patients' safety, dry needling practitioners should meet standards required for licensed acupuncturists and physicians.**
(10) Dry needling versus acupuncture (II) 28265852 PubMed - <https://www.ncbi.nlm.nih.gov/pubmed/28265852>

The comparison of trigger point acupuncture and traditional acupuncture

Points of needle insertion, needles and needling techniques, and therapeutic indications of TrP acupuncture are integral parts of traditional acupuncture.

(11) The Comparison between trigger point acupuncture and traditional acupuncture; Researchgate.net - <https://www.researchgate.net/publication/301887026>)

WHO Organization report

De WHO omschreef “trigger point needling” als een onderdeel van de acupunctuur.

In 1981, de WHO Regional Office for the Western Pacific organiseerde een “Working Group for Standardization of Acupuncture Nomenclature”. Na 10 jaar inspanningen, is men tot een consensus gekomen en heeft men een voorstel tot “standard international acupuncture nomenclature” aan de WHO Regional Office for the Western Pacific aan de WHO Scientific Group in Geneve overhandigd.

In 1991 heeft de WHO gepubliceerd ; A proposed Standard International Acupuncture Nomenclature . Later werd een “resived edition of Standard Acupuncture Nomenclature (part 1 & 2) gepubliceerd door de Regional Office for the Western Pacific in Manila.

Hierin zijn de triggerpoints en triggerpoint -needling (dryneedling) duidelijk opgenomen binnen de acupunctuur. All Terms beginning with a code of 5.1 have been determined by de WHO to be a subset of Acupuncture
(12) World Health Organization Report

Myofascial referred-pain data provide physiologic evidence of acupuncture meridians.

This article demonstrates that myofascial referred-pain data provide independent physiologic evidence of acupuncture meridians. **The acupuncture tradition provides pain practitioners with millennia of accumulated clinical experience treating pain (and visceral) disorders and offers the potential for novel pain treatment approaches and understanding of pain neurophysiology.**

(13) Myofascial referred-pain data provide physiologic evidence of acupuncture meridians. Journal of Pain, 2009 Jul;10(7):723-31. doi: 10.1016/j.jpain.2008.12.010. Epub 2009 May 5, of Pubmed <https://www.ncbi.nlm.nih.gov/pubmed/19409857>

Immediate effects of dry needling and acupuncture at distant points in chronic neck pain: results of a randomized, double-blind, sham-controlled crossover trial.

Een duidelijke studie geeft aan dat acupunctuur duidelijk superieur is boven dry needling en dat dry needling op zich te weinig wetenschappelijke evidentie biedt.

(14) Immediate effects of dry needling and acupuncture at distant points in chronic neck pain: results of a randomized, double-blind, sham-controlled crossover trial. *Pain*. 2002 Sep;99(1-2):83-9. *Op Pubmed* <https://www.ncbi.nlm.nih.gov/pubmed/12237186>)

Is Dry needling op “zich” als enige therapievorm zinvol ?

Het befaamd tijdschrift “Rheumatology” is van oordeel dat Dry Needling “op zich” zelfs geen wetenschappelijke basis heeft.

(15) *A critical evaluation of the trigger point phenomenon, Oxford Academic, British Society for Rheumatology, Rheumatology, Volume 54, Issue 3, 1 March 2015, Pages 392–399, of zie* <https://academic.oup.com/rheumatology/article/54/3/392/1796114>)

National Center for Acupuncture Safety and Integrity

1. Het NCASI in de USA komt tot volgende conclusies:
 - a) Dry needling is acupuncture.
 - b) Dry needling is unsafe when performed by unqualified practitioners of acupuncture, such as physical therapists.
 - c) It is a violation of Federal law when unqualified practitioners of acupuncture, such as physical therapists, purchase, possess, or use an acupuncture needle.
2. Het NCASI is en map gaat opstellen met de ongevallen die gebeurd zijn door kinesitherapeuten die dry needling doen:
 - a. As exposed by the National Center for Acupuncture Safety and Integrity’s (NCASI) Dry Needling Adverse Event Tracking System map, dry needling is unsafe when performed by unqualified practitioners of acupuncture, such as physical therapists.
 - b. **Dry Needling Adverse Event Tracking System Map**
The map was updated on January 8, 2018.
 To see some of the serious adverse events from dry needling performed by unqualified practitioners of acupuncture, such as physical therapists, click on the red-colored states in the map below. >> On <https://www.acupuncturesafety.org/>
3. Om ongevallen met dry needling door kinesitherapeuten te registreren, zijn ze gaan samenwerken met het FDA.
 To report serious adverse events from dry needling performed by unqualified practitioners of acupuncture, such as physical therapists, use the Dry Needling Adverse Event Reporting System form. <https://www.acupuncturesafety.org/dry-needling-adverse-event-reporting-system-form> The information will be shared with the U.S. Food and Drug Administration (FDA) and will be published on the National Center for Acupuncture Safety and Integrity (NCASI) website.

(16) *National Center for Acupuncture Safety and Integrity*

USA: Recently acupuncturists in Washington State stopped physical therapists from adding dry needling to their scope of practice

Op de website van de “Washington State – Office of the Attorney General”, vinden we het duidelijk standpunt dat Dry Needling NIET tot het beroepsprofiel van de kinesitherapeut behoort.

(17) The practice of dry needling does not fall within the scope of practice of a licensed physical therapist., April 15, 2016, <http://www.atg.wa.gov/print/12270> of zie <http://www.atg.wa.gov/aqo-opinions/scope-practice-physical-therapy>

Washington Courts Ban Physical Therapists from Practicing “Dry Needling”

“This is a major victory for public safety. There’s a reason Washington law requires 500 hours of supervised clinical training before people are allowed to practice acupuncture” says Dan Dingle, a board member of SSAA, an Olympia-based organization that promotes education and patient safety. “When physical therapists take weekend workshops of only 27 hours and then start needling as deep as 4 inches into their patients, it’s only a matter of time before someone is seriously injured in Washington, as they have been elsewhere.”

(18) Washington Courts Ban Physical Therapists from Practicing “Dry Needling”

The AAMA (American Academy of Medical Acupuncturists)

De Amerikaanse academy voor medische opgeleide acupuncturisten is vrij duidelijk in zijn stellingen en deze zijn +/- gelijklopend met de situatie in België

- Trigger-point dry needling is acupuncture.
- Physical therapists and other allied health professionals who are not licensed by law to practice acupuncture would have the public believe that trigger-point dry needling is not acupuncture but manual therapy.
- Physical therapists and other allied health professionals who are not licensed by law to practice acupuncture would have the public believe that the act of inserting acupuncture needles into specific anatomical sites in the body and manipulating them manually for diagnostic and/or therapeutic purposes does not define the profession of acupuncture.
- Physical therapists and other allied health professionals who are not licensed by law to practice acupuncture would have the public believe that they do not use acupuncture needles to perform trigger-point dry needling.
- It is illegal for physical therapists and other allied health professionals who are not licensed by law to practice acupuncture to purchase or possess acupuncture needles.
- Physical therapists and other allied health professionals who are not licensed by law to practice acupuncture are not qualified to perform trigger-point dry needling.
- There are very real risks associated with the use of acupuncture needles (with or without the passage of electrical current through these needles) by physical therapists and other allied health professionals who are not licensed by law to practice acupuncture.
- There have been recent reports of serious injury resulting from the use of acupuncture needles by physical therapists and other allied health professionals who lacked the education and training of licensed physicians or acupuncturists.

- It is illegal for physical therapists or any other providers to submit claims for payment to Medicare for trigger-point dry needling (a non-covered service) disguised as physical therapy (a covered service).

(19) the AAMA

Evidence based

Daar acupunctuur (en dry needling inclusief) meer dan 4000 jaar oud is, wordt door de tegenstanders nog steeds geargumenteerd dat deze vorm gebaseerd is op de Chinese filosofie.

In de 20^{ste} eeuw is er dan ook enorm veel wetenschappelijk onderzoek gebeurd naar de acupunctuur.

Op vraag van de Minister van Volksgezondheid, heeft de beroepsvereniging EUFOM, een lijvig dossier daaromtrent overhandigd op het Kabinet

Acupunctuur is geen “alternatieve geneeskunde”, maar een conventionele geneeskunde in Azië.

In Europa is acupunctuur, zoals de huidige Belgische regelgeving duidelijk aangeeft, een “niet-conventionele praktijk, welke complementair kan zijn.

Deze is in onze moderne maatschappij gestoeld op de conventionele fysiologie, neurologie, biofysische en biomedische wetenschappen. (zie dossier EUFOM aan FOD Volksgezondheid)

Discussion about the training or education for “dry needling practice”

Some physical therapists (PTs) receive only 20–30 hours of acupuncture training in the form of dry needling in weekend continuing education classes and want to be able to practice acupuncture. For the sake of public safety, they should get a formal education in an accredited acupuncture school or program.

(20) World Journal of Acupuncture – Moxibustion, Volume 26, Issue 2, June 2016, Pages 6-10



Dry needling is just one form of contemporary acupuncture & belong to the skills of a "recognized" acupuncturist

The following six-part mini-video series on Dry needling vs. Acupuncture (total 75 minutes in English) are recent interviews of Prof. Guan-Yuan Jin, MD, worldwide renowned acupuncturist. Feel free to comment after each video and forward them to your peers, patients, family and friends to raise public awareness of the notion "Dry needling is just one form of contemporary acupuncture". Because of the breadth and depth of the interviews, they also serve as resources and references for Western physicians and health professionals to understand the essence of acupuncture.

- Part 1. Dry Needling: A Style of Acupuncture <https://www.youtube.com/watch?v=wRlwvu8QqPY>
- Part 2. De-Meridian is Not Equivalent to De-Acupuncture <https://www.youtube.com/watch?v=XjAOunDt5l0>
- Part 3. Trigger Point (TrP) : A Type of Acupuncture Points <https://www.youtube.com/watch?v=Mgf3rexZLqw>
- Part 4 Local Twitch Response by DN : A Form of Deqi <https://www.youtube.com/watch?v=tLlivPN9fMo>
- Part 5. Mechanisms of DN Same as Acupuncture <https://www.youtube.com/watch?v=0bASOKYiu6g>
- Part 6. Disadvantages & Pitfalls of DN <https://www.youtube.com/watch?v=enTXu-1eH6U>

Probleemstelling Dry Needling onderwijs

Momenteel zien we in België dat een 5 -tal instituten, een dergelijke cursus van deze specifieke naaldtechniek organiseren vanaf 3 lesdagen. Dit is heel gevaarlijk voor de veiligheid van de patiënt. Die instellingen verdienen met deze short-cut cursussen “mini-acupunctuur” heel veel geld en brengen honderden kinesitherapeuten en/of osteopaten in de onwettigheid en zetten deze aan tot het overtreden van de RIZIV-nomenclatuur.

Aan de erkende/ geregistreerde acupuncturist worden hoge opleidingseisen gesteld door de beroepsvereniging en het Ministerie van Volksgezondheid (*Wet op de Niet-Conventionele Geneeskunde, 1999*), terwijl er geen opleidingsnormen zijn vastgesteld voor de andere groep Dryneedling-beoefenaars. De kwaliteit van deze behandelaars is voor wat betreft Dryneedling onduidelijk; ze hebben niet de veel langere, meer gedegen opleiding genoten om veilig met naalden te kunnen werken. (3 jaar versus enkele dagen).

Opleiding

Net zoals men in de USA aanbeveelt, dient dry needling ook binnen de acupunctuuropleiding gedoceerd te worden.

Momenteel geeft ICZO vzw, momenteel als enige in België, al jaren deze opleiding **binnen** het acupunctuur curriculum.

ICZO vzw biedt een volwaardige **Postgraduaatopleiding** acupunctuur van 500 full contacturen, welke voldoet aan de Wet op de Niet-Conventionele Praktijken (zie advies Kamer acupunctuur/2012/ADVIES-K3) van de FOD Volksgezondheid. Deze PG opleiding wordt georganiseerd in samenwerking, met HOWEST, Hogeschool West-Vlaanderen, lid van de associatie Universiteit Gent.

Daar **de dryneedling-techniek**, van oudsher, de meest intensive techniek is, **wordt deze pas gedoceerd op het einde van de acupunctuuropleiding, eens de kandidaat-acupuncturist meer dan 400, bijna 500 uren klinische “hands-on” ervaring heeft**, wat onmisbaar en strikt noodzakelijk is. Na het met vrucht afleggen van alle examens, stages, een praktische proef, een paper, zijn ze pas bekwaam deze veilig uit te voeren.

Hiermee wordt via het Postgraduaat van 60 studiepunten, dan ook voldaan aan het idee dat geopperd wordt in het betreffende advies **FRK/2017/ADVIES-05 van 21/03/2017**.

Conclusie

Als Opleidingsinstituut zijn wij erg bevreesd dat er lichamelijk schade zal veroorzaakt worden bij patiënten, doordat de kinesitherapeuten en osteopaten, die deze techniek uitoefenen, totaal niet onderlegd zijn, geen ervaring hebben en niet de doorgedreven kennis hebben van een acupuncturist.

In conclusion, dry needling is not only a subcategory of Western medical acupuncture but also an integral part of acupuncture per se.

Laten we ook de conclusie van **Dr. Ellie Heintze** in gedachte houden:

“The world needs good physical therapists, and those who are the most skilled usually don’t have time to add dry needling to a physical therapy session.

Let’s allow physical therapists to do what they do best, and leave acupuncturists to put needles in people safely and effectively. It’s about quality of care and patient safety.”



For patients' safety, dry needling practitioners should meet standards required for licensed acupuncturists and physicians.

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