



RICK SNYDER
GOVERNOR

STATE OF MICHIGAN
DEPARTMENT OF LICENSING AND REGULATORY AFFAIRS
LANSING

SHELLY EDGERTON
DIRECTOR

MICHIGAN BOARD OF PHYSICAL THERAPY JANUARY 10, 2017 MEETING

APPROVED MINUTES

In accordance with the Open Meetings Act, 1976 PA 267, as amended, the Michigan Board of Physical Therapy met on January 10, 2017, at the Ottawa Building, Conference Room 4, 611 West Ottawa Street, Lansing, Michigan 48933.

CALL TO ORDER

Brian Gilbert, PT, Chairperson, called the meeting to order at 1:34 p.m.

ROLL CALL

Members Present: Brian Gilbert, PT, Chairperson
Ajay Middha, PT, DPT, Vice-Chairperson
Matthew McFadden, PT, MSPT, OMPT
Sarah McAllister, PT
Linda Minter, Public Member
Jeff Munford, Public Member
Barbara Simmons, PTA
Adam Swain, PT, AT

Members Absent: John Poronto, Public Member
Renee Przystas, PT
Whitney Terry, Public Member

Staff Present: Brian Hoot, Board Support, Board and Committees Section
Ron Hitzler, Policy Analyst, Board and Committees Section
Wendy Helmic, Analyst, Compliance Section
Andrew Hudson, Assistant Attorney General

APPROVAL OF AGENDA

MOTION by Middha, seconded by Simmons, to approve the agenda as presented.

Discussion was held.

MOTION PREVAILED

Gilbert ran the election for Vice Chairperson.

MOTION by McAllister, seconded by Simmons, to re-elect Ajay Middha as Vice Chairperson.

A voice vote followed.

MOTION PREVAILED

Committee Assignments

Gilbert made appointments to the Rules Committee and the Disciplinary Subcommittee (DSC). The Rules Committee will consist of McAllister, Simmons, Middha, and Gilbert. The DSC will consist of public members Munford and Terry, and professional members McFadden, Simmons, and Swain. The public alternate will be Minter and the professional alternate will be Przystas. Munford will be the Chairperson for the DSC.

MPTA Presentation

Edo Zylstra, representing Michigan Physical Therapy Association (MPTA), presented a power point (Addendum 1) on dry needling and the current use in physical therapy in other states across the country. There was discussion regarding what the educational requirements would be for a physical therapist seeking to use this treatment if this technique was made part of the statute.

Board Member Resolution

Gilbert presented the Board with a resolution for Jill Marlan, and thanked her for her time and service on the Board of Physical Therapy.

Chairperson's Report

Compact agreements have been reached in 4 states, soon to be 5.

Gilbert explained that the National Physical Therapy Exam (NPTE) has limits on how many times it can be taken. A candidate may only take the NPTE 6 times and if it is not passed, the candidate will not be allowed to sit for the exam again. If a candidate scores too low on 2 attempts, the same rule would be applied.

Gilbert recommended bringing physical therapy rules in line with Test of English as a Foreign Language (TOEFL) scores: TOEFL = 89; Reading = 22; Writing = 22; Speaking = 24; Listening = 21.

Gilbert discussed oPTion, and recommended reviewing the power point presentation from the previous Board meeting. There was general discussion about how to determine continuing education credit for completing this and if it would be advisable to address something this specific in the rules.

ProBE is replacing the current ethics courses often required for discipline. ProBE is usually a 2-day intensive course designed to correct behavior and provide a second chance for health professionals. It was discussed to have a presenter come to a future Board meeting and discuss ProBE in greater detail.

There was discussion regarding dry needling and what steps need to be taken so that physical therapist's in the State of Michigan can provide this type of care for their patients.

Gilbert discussed proactive regulation for physical therapy, citing the use of the ProBE program as a proactive alternative to discipline a physical therapist.

House Bill 5400 was signed by Governor Snyder and will give ~~Nurse Practitioners~~ *Advanced Practice Registered Nurses (APRNs)* the ability to refer patients for physical therapy and sign a Plan of Care. *The bill will go into effect on April 9, 2017.*

Department Update

Hitzler suggested to open the rules, to keep them in line with the statutes and make necessary changes.

MOTION by Middha, seconded by Simmons, to open the rules.

A voice vote followed.

MOTION PREVAILED

PUBLIC COMMENT

Dr. Shakil A. Khan presented materials to the Board regarding his physical therapy program at Dominican International Institute. The students that graduate with a degree in physical therapy are not allowed to sit for the National Physical Therapy Examination. Dr. Khan inquired why this is and who he should contact regarding this matter.

"Jake" Jakubiak Kovacek, representing MPTA, addressed the Board regarding Human Trafficking education. She asked if the state in any capacity would provide the education/training now required. She also inquired that if the state did not offer the training, where could she find the material.

ANNOUNCEMENTS

The next regularly scheduled meeting will be held April 11, 2017 at 1:30 p.m. at the Ottawa Building, 611 West Ottawa Street, Upper Level Conference Center, Conference Room 4, Lansing, Michigan.

ADJOURNMENT

MOTION by McAllister, seconded by Simmons, to adjourn the meeting at 3:05 p.m.

A voice vote was taken.

MOTION PREVAILED

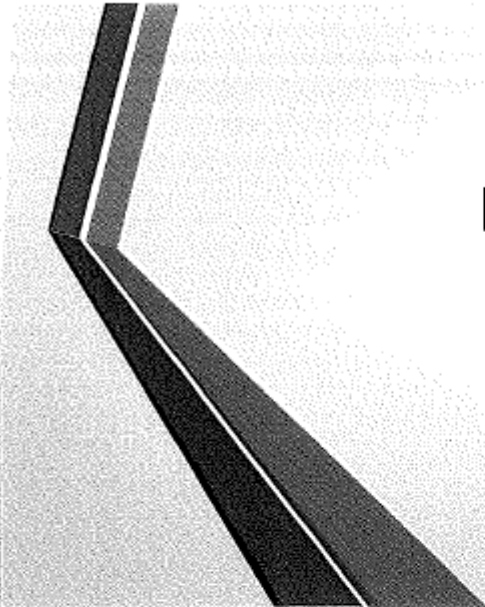
Approved by the Board: April 11, 2017

Prepared by:
Brian Hoot, Board Support

January 11, 2017

Addendum 1

1/4/2017



Dry Needling by Physical Therapists

Edo Zylstra PT, DPT, OCS




Objective

- Answer three Questions:
 - What is dry needling?
 - What are the positions of national organizations and historical trends?
 - Is there research by Physical Therapists on DN?

1/4/2017

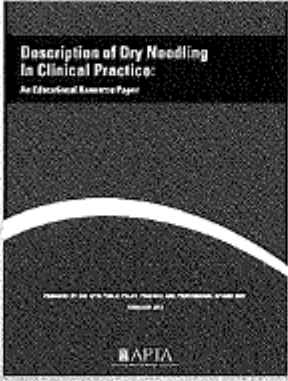
Dry Needling-Definition



Dry Needling is a skilled technique performed by a physical therapist using thin filiform needles to penetrate the skin and/or underlying tissues to affect change in body structures and functions for the evaluation and management of neuromusculoskeletal conditions, pain, movement impairments, and disability.

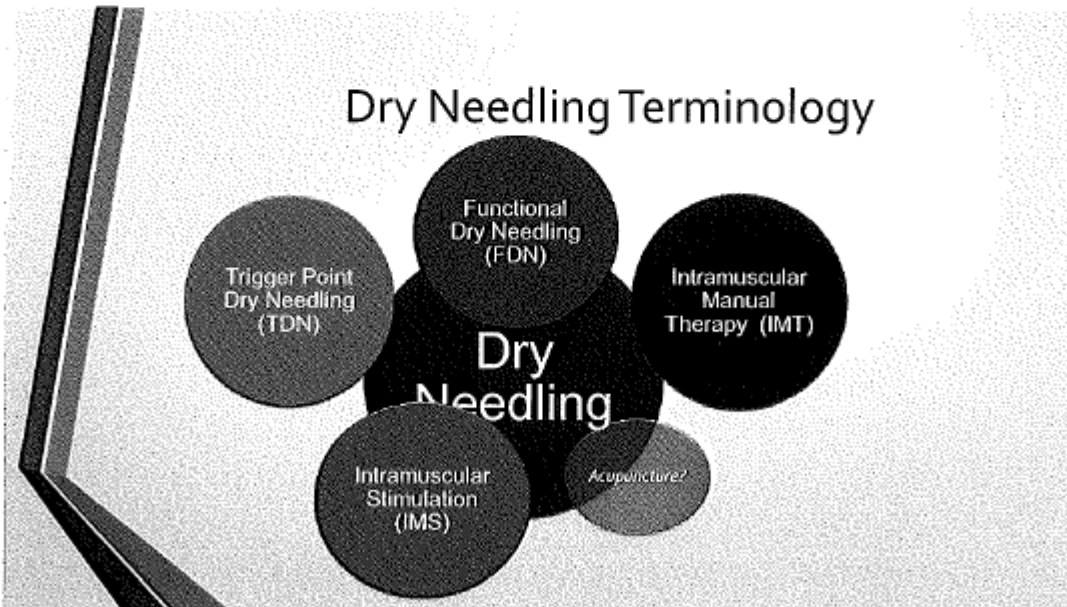
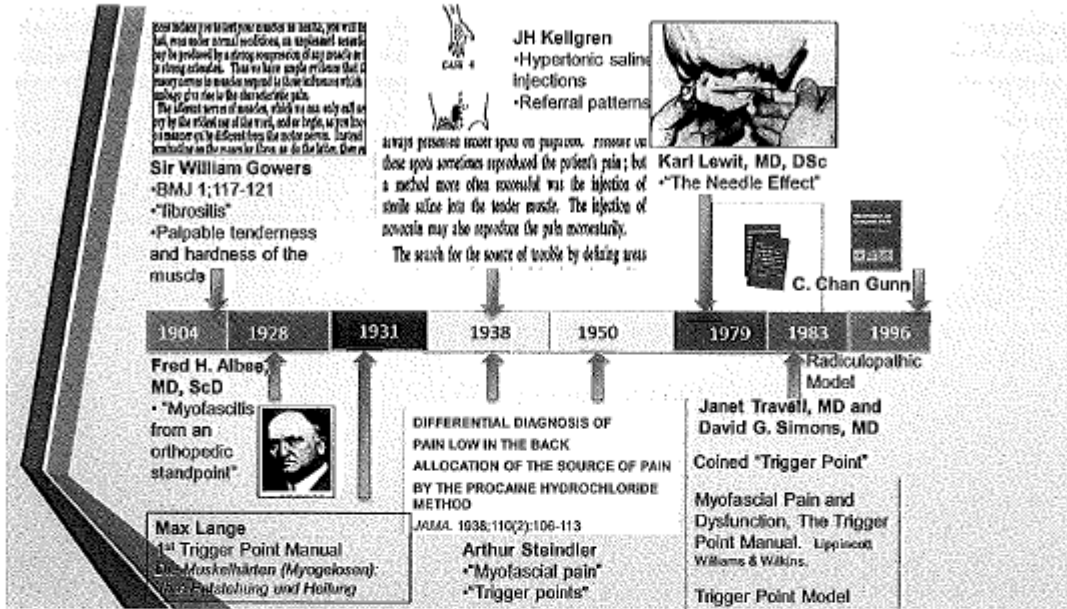
(Federation of State Boards of Physical Therapy, May 2015)

APTA (2013): Description of DN in Clinical Practice

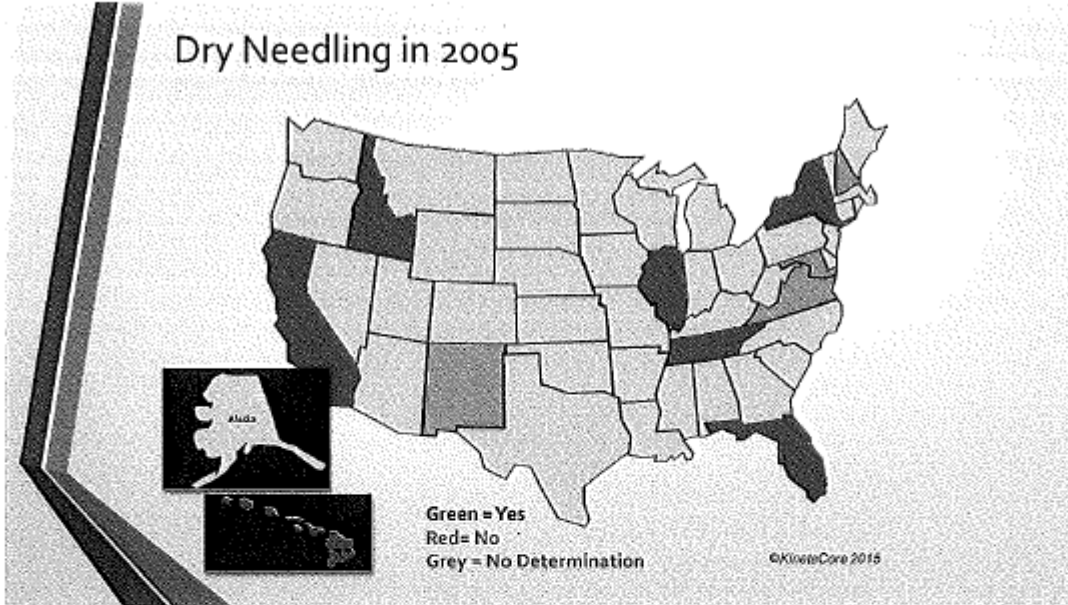


- Description of DN
- Indications for Use
- Patient Selection
- Precautions
- Procedure
- Other Considerations

1/4/2017



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Dry Needling is Supported by National Organizations



Physiologic Effects of Dry Needling

- ⊙ Increase Blood Flow ⊙
- ⊙ Decrease Banding ⊙
- ⊙ Decrease SEA ⊙
- ⊙ Biochemical Changes ⊙
- ⊙ CNS Changes ⊙

Physiologic Effects of Dry Needling: INCREASE BLOOD FLOW

Effects of acupuncture and heating on blood volume and oxygen saturation of human Achilles tendon in vivo

Authors: [A. Kwon](#), [J. M. Park](#)
 Journal: [Journal of Alternative and Complementary Medicine](#)

The Influence of Dry Needling of the Trapezius Muscle on Muscle Blood Flow and Oxygenation

Authors: [Sarkis, George, PT, PhD](#), [Tavares, PT, DPT](#), [Draeger, PT, DPT](#), [Yoo, Chulwon, PT, PhD](#), [Bosch, PL, PhD](#), [Lissens, Koenraad, PT, PhD](#)

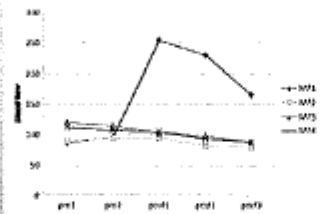
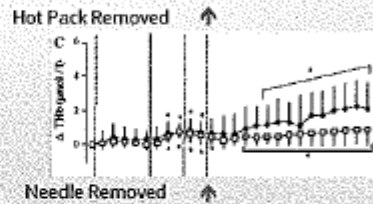
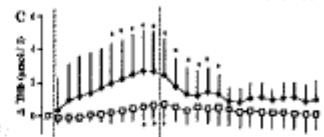


Fig 3. Mean blood flow (ml/100g) at the 4 measurement points (at baseline and in the recovery periods).



Intensive vasodilatation in the sciatic pain area after dry needling

Authors: [Elbleśa Skonupska](#), [Michał Rychlik](#) and [Włodzisław Samborski](#)

Journal: [BMC Complementary and Alternative Medicine](#) - The Official Journal of the International Society for Complementary Medicine Research (ISCM) 2015, 15:22
 DOI: 10.1186/s12906-015-0587-6 © Skonupska et al.; licensee BioMed Central, 2015

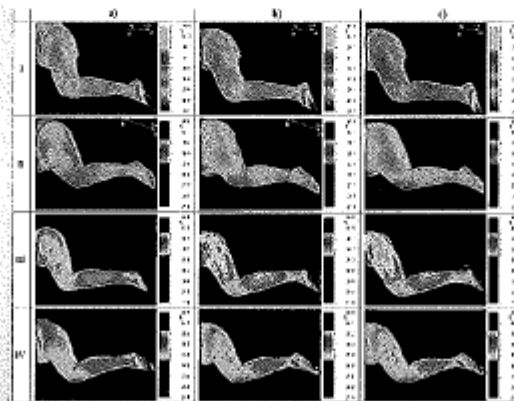
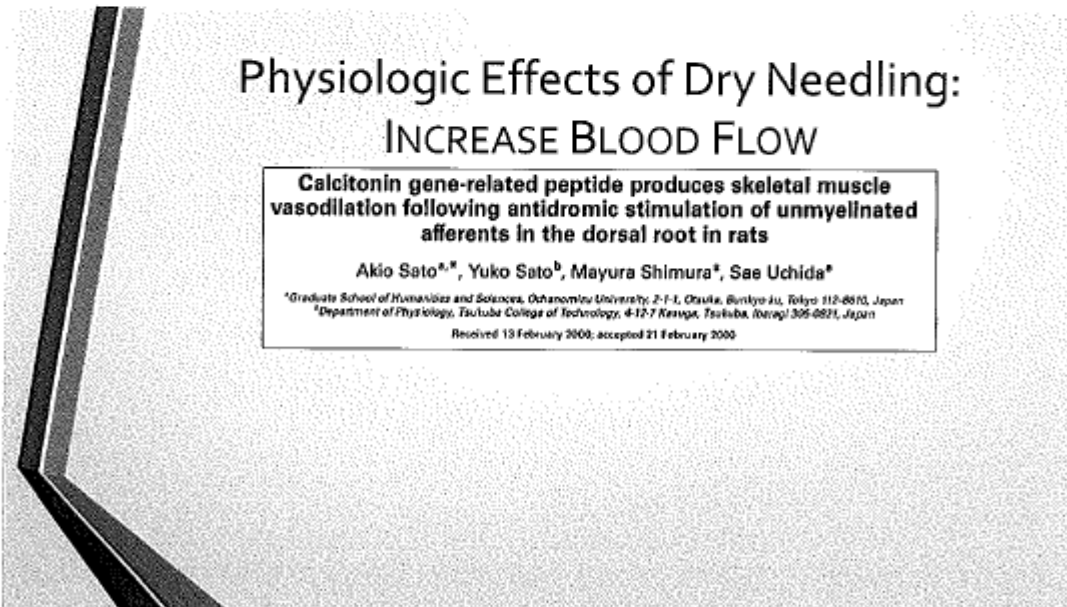


Figure 3. The images showing the area of maximum temperature above the lateral malleolus (LMT) depends on its distance. Legend: (a) before the area of LMT using 0.1 g/cm² temperature sensation was investigated; (b) and (c) pictures were at 10 min and 15 min after the area of LMT using 0.1 g/cm² temperature sensation was investigated; (d) and (e) pictures were at 10 min and 15 min after the area of LMT using 0.1 g/cm² temperature sensation was investigated. The images were recorded in the area of LMT using 0.1 g/cm² temperature sensation. The images were recorded in the area of LMT using 0.1 g/cm² temperature sensation. The images were recorded in the area of LMT using 0.1 g/cm² temperature sensation.

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Physiologic Effects of Dry Needling: DECREASE BANDING

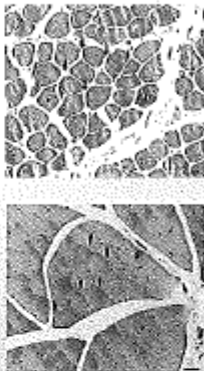
Non-taut band (Hsieh, 2012)

Dry Needling at Myofascial Trigger Spots of Rabbit Skeletal Muscles Modulates the Biochemicals Associated with Pain, Inflammation, and Hypoxia

Yuch-Ling Hsieh,¹ Shun-An Yang,¹ Chen-Chia Yang,² and Li-Wei Chou^{3,4}

Taut band (Hsieh, 2012)

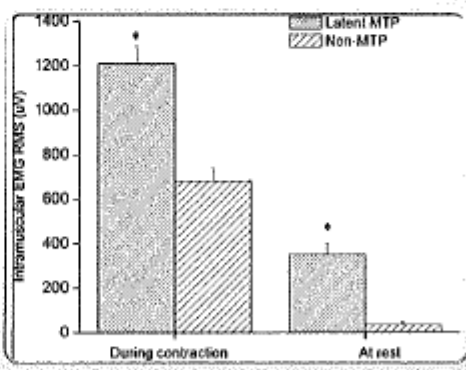
Restore sarcomere length
Restore normal length tension of muscle



The slide features two microscopic images of muscle tissue. The top image, labeled 'Non-taut band (Hsieh, 2012)', shows a regular arrangement of muscle fibers with clear sarcomeres. The bottom image, labeled 'Taut band (Hsieh, 2012)', shows a disorganized arrangement of fibers with irregular sarcomere lengths and some fiber splitting.

TrPs and Muscle Function

- Latent TrPs have been shown to be related to increased EMG activity at rest and during movement. (Ge 2014)



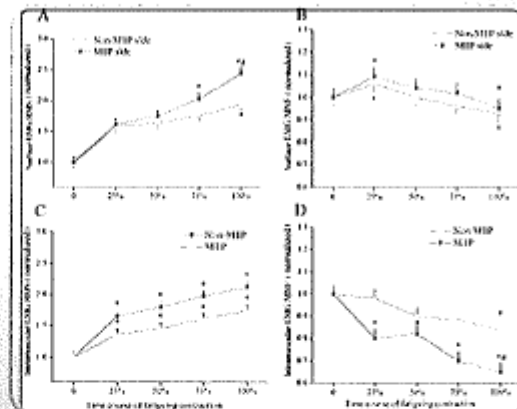
Condition	Latent MTP (µV)	Non-MTP (µV)
During contraction	~1200	~680
At rest	~350	~50

Figure 3. Higher intramuscular EMG RMS values at latent MTPs than non-trigger points in the upper trapezius muscle at rest and during isometric shoulder abduction at 90°. *P < .0001.

Ge HY, Monrde S, Graven-Nielsen T, Arendt-Nielsen L. Latent myofascial trigger points are associated with an increased intramuscular electromyographic activity during synergistic muscle activation. *J Pain.* 2014 Feb;15(2):181-7.

TrPs and Muscle Function

- Latent TrPs associated with accelerating muscle fatigability and overloading active motor units. (Ge 2012)



Ge HY, Arendt-Nielsen L, Madeleine P. Accelerated muscle fatigability of latent myofascial trigger points in humans. *Pain Med.* 2012 Jul;13(7):957-64.

Physiologic Effects of Dry Needling: DECREASE SEA

Spontaneous Electrical Activity quiets following Local Twitch Response

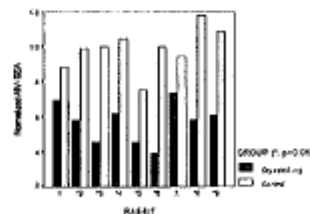


Figure 3. Means of the normalized averaged integrated value (AV) of spontaneous electrical activity (SEA) in 15 different rabbits in the treatment and the controls.

Am J Phys Med Rehabil. 2001 Oct;80(10):729-35.

Inhibitory effect of dry needling on the spontaneous electrical activity recorded from myofascial trigger spots of rabbit skeletal muscle.

Chen JT*, Chung KC, Hou CR, Kuan TS, Chen SM, Hong CZ.

Biochemical Characteristics of TrPs

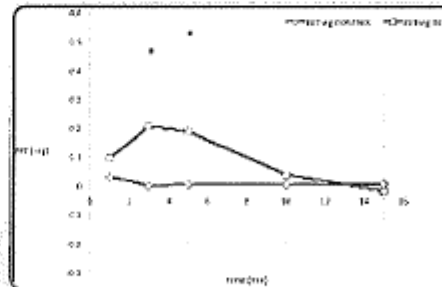
Biochemicals Associated With Pain and Inflammation are Elevated in Sites Near to and Remote From Active Myofascial Trigger Points

Jay P. Shah, MD, Jerome V. Darnoff, PhD, PT, Mahi J. Oetal, MD, Sagar Parikh, BA, Lynn Y. Nakamura, MD, Terry M. Phillips, PhD, DSc, Lynn H. Gerber, MD

- Active TrPs have a distinct biochemical environment associated with pain, inflammation and intercellular signaling that appears to change with the occurrence of a local twitch response (Shah 2005, 2008)

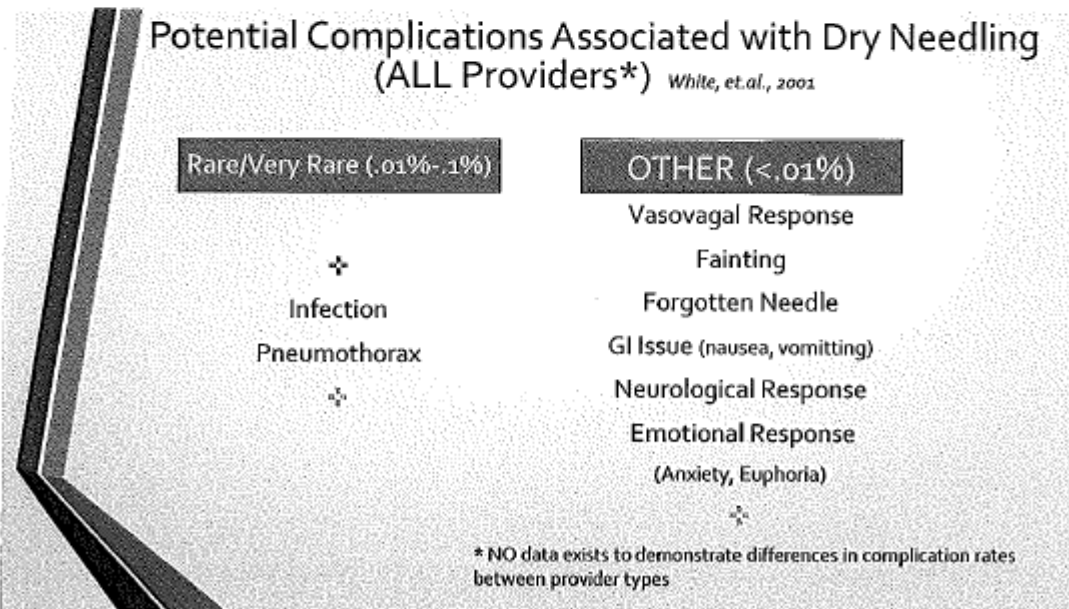
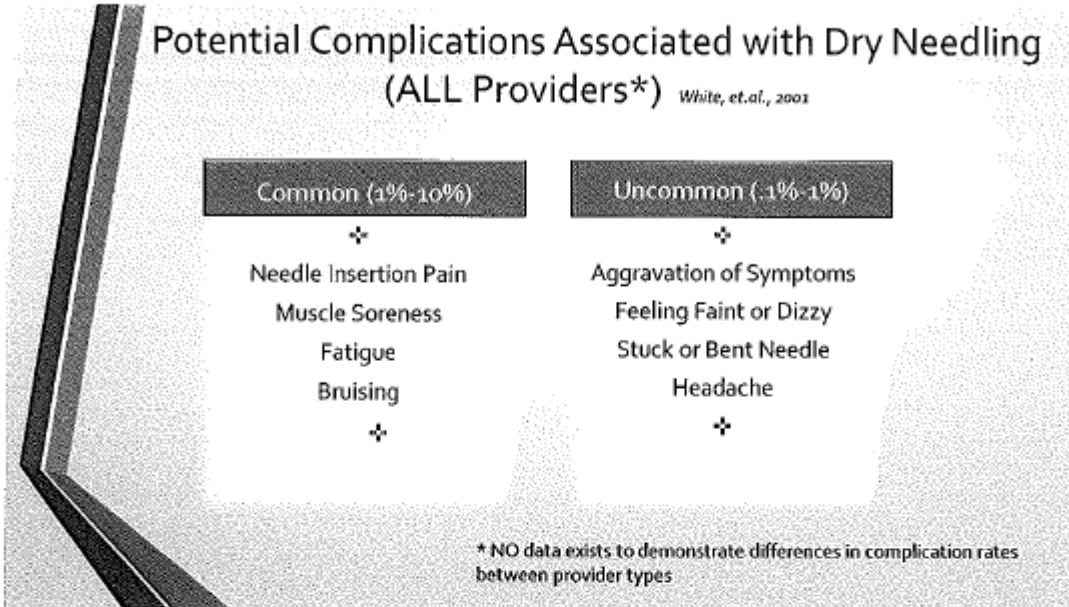
Anti-Nociceptive Affects

- DN of TrPs have been shown to have a segmental anti-nociceptive affect = increase in pain pressure threshold. (Srbely 2010)



Srbely JZ, Dickey JP, Lee D, Lowerison M. Dry needle stimulation of myofascial trigger points evokes segmental anti-nociceptive effects. *J Rehabil Med.* 2010;42(5):463-8.

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