

## SPINAL MANIPULATION

---

### Preamble

The Nova Scotia College of Physiotherapists regulates the practice of physiotherapy<sup>1</sup> in Nova Scotia through the administration of the *Physiotherapy Act* and regulations.

The College acknowledges that Spinal Manipulation is within the scope of physiotherapy practice. This standard applies to manipulation of the spinal column, by registered physiotherapists.

### Definitions

1. For the purposes of this Practice Standard:
  - a) The definitions are as described in the Spinal Manipulations Competency Profile.

### Legislative Authority

Section 2(r)(v) states that "physiotherapy" or "physical therapy" means the application of professional physiotherapy knowledge, skills and judgement by a physiotherapist to obtain, regain or maintain optimal health and functional performance and includes, but is not limited to, spinal and peripheral joint manipulation.

### Competency

The physiotherapist using spinal manipulation in practice must be able to demonstrate that they are qualified to safely and effectively perform spinal manipulations as outlined in the *Spinal Manipulation Competency Profile for Physical Therapists (CPTA 2008)*;

### Informed Consent

Informed written client consent specific to performing spinal manipulation is recommended.

### Resources:

College of Physiotherapists of Alberta, 2008. *Spinal Manipulation Competency Profile for Physical Therapists* Available at [http://www.physiotherapyalberta.ca/files/manipulation\\_profile.pdf](http://www.physiotherapyalberta.ca/files/manipulation_profile.pdf)

For more information on informed consent see the [http://www.gov.ns.ca/health/phia/phia\\_%20discussion\\_document.pdf](http://www.gov.ns.ca/health/phia/phia_%20discussion_document.pdf)

---

**ISSUED: Sept. 2012**

**REPLACES: July 2009 Spinal Manipulation**

---

<sup>1</sup> The terms physical therapist, physiotherapist, physiotherapy, physiotherapy, physiothérapie, physiothérapeute, PT and pht are official marks used with permission. The terms physical therapist and physical therapy are synonyms for physiotherapist and physiotherapy respectively