

## Ulwazi Ngezokulapha Ngezinalithi (Dry Needling)

*I-“physiotherapist” yakho izinikele ukukwelapha ngokusebenzisa ikhono elibizwa ngokuthi i- ‘Dry Needling’ okungukulashwa kusetshenziswa izinalithi. Lolulwazi oliqukethwe kuleliphepha luchaza kabanzi ngalelikkhono.*

I-“Dry Needling” iyindlela yezokwelapha enempumelelo enkulu kakhulu lapho kusetshenziswa izinalithi ezincane ngaphandle kwemithi ethize ukufeza izinhloso zayo. I- “Dry Needling” isetshenziselwa ukulapha izinhlungu kanye nokungasebenzi kahle komzimba okubangwa izinkinga zezicubu zomzimba, izinyama ezisemakheleni, ubuhlungu bekhanda kanye nezinkinga zama nerves/imizwa. **Ayifani nhlobo ne-acupuncture.** I-acupuncture iyinxenye yezokwelapha eyasungulwa e china, kanti I-“Dry needling” yona ingeyezokwelapha yasentshonalanga edinga ukuba kube ne-“medical diagnosis”- okungukuthi kudingeka kwaziwe ukuthi umuntu uphethwe yini.

I-“Dry Needling” isebenza ngokuthi ishintshe indlela umzimba wakho ozwa ngayo ubuhlungu (neurological effects), nanokuthi isize umzimba ekulapheni ukuqina kwezinyama okuhambisana nezinhlungu. Kubalulekile kakhulu ukuba sibheke ukulashwa ngezinalithi njengenxenye yezokwelashwa/ yezokubuyekezwa (rehabilitation treatment). I “Dry Needling” ayisiwo nje umlingo wokulapha- kodwa yinxenye eyejwayelekile ye- “physiotherapy”. Kubalulekile ukuzivocavoca ulandele izeluleko i-“therapist” yakho ekunikeza zona kuhlanguaniswe nokulashwa ngezinalithi ukuze ubuyele esimeni esingcono sempilo.

I-“therapist” yakho ke iqeqeshiwe kakhulu ngezindlela ezahlukene zokwelapha ngezinalithi. I-“therapist” yakho izokhetha ubude nobubanzi benalithi obufanelwe yinkinga ekuphethwe nomzimba wakho bese eyayifaka inalithi ingene esikhumbeni endaweni efanelekile. Uzobe usuzwa nje ukuhlabeka okujwayelekile benalithi obuncane. Kuhambisana nokukhetha kwe-“therapist” yakho ikhono lokwelapha,

ungezwa ubuhlungwana ezicutshini zomzimba phakathi kanye nanokudikiza okuncane kwezinyama. Konke lokho yimizwa ejwayelekile nekufanele uyizwe uma ulashwa ngezinalithi, emumva kwakokho uyobe sewuzwa ukuphola noma ukulapheka kwenkinga ebeyikuphetha.

Ngokujwayelekile kunengozana engahle ivele emumva kokulashwa yi-“physiotherapist” egeqeshiwe. Ungaba nokuvuvuka okuncane nje lapho kungene khona inalithi okufana nakho konke ukuvuvuka okudalwa yinalithi eyejwayelekile. Ungazizwa ujabulile, uze ukhale izinyembezi, ujuluke noma ugodole emumva kokulashwa, kodwa lokho akujwayelekile kwabaningi kanti noma kwenzeka akuyona ingozi. Zonke lezi zinkingana zisheshe ziphele uma bezikade zivelile. Akukho okubi okungenzeka emuva kokuba usulashiwe ngezinalithi.

Uma ulashwa emahlombe, entanyeni, kanye nasesifubeni kunengozana engaba khona uma okulaphayo engaqaphelanga. Uma inalithi ingene kakhulu kwaze kwahlabeka amaphaphu akho ungaba nesifo abasibiza ngokuthi i-“pneumothorax” (umoya ophakathi kwamaphaphu nesifuba). Lena yinkinga engajwayelekile kodwa eyingozi, kumele uphuthume esibhedlela ngaphandle kokwethuka uma lenkinga seyenzekile. Izinkomba zalenkinga ziwukuphelelwa ngumoya okuqhubekayo, ukuhlabeka esifubeni uma uphefumula nanokungakhoni ukubamba umoya. Lokhu kulashwa kuwusizo olunempumelelo enkulu kakhulu kodwa enezinkingana njengazo zonke izindlela zokwelapha.

Uma ukujabulela ukuthi ungaqhubeka nalokhu kulashwa i-“physiotherapist” ekukhethela yona wabuza nemibuzo onayo yibe-ke ususayina ifomu lesivumelwano elihlanganiswe nalelikhasi bese ulinikeza i-“physiotherapist” yakho.

Sicela ukuba ugcine lelikhasi elinolwazi ngokuphephile.

Siyabonga!!!

# Ukuvuma Ukulashwa Ngezinaliti

***Leliphepha kumele lifundwe lihambisana nelinye elinolwazi olwanele ngokulashwa ngezinaliti (Dry needling).***

1. Mina.....(amagama aphelele), ngokwami njengo:

Ogulayo(uma eneminyaka eyi 12 nangaphezulu),

Umzali noma umqaphi wogulayo:

.....(amagama ogulayo aphelele), Ongu: Umakoti wami umkhwenyana wami ingane umzukulu umzali umfowethu noma udadewethu (dwebela okufanelekile)

Ngiyavuma ukulashwa ngezinaliti yiphysiotherapist ogama layo lingu

.....(insert unit or practice name here).

Ngiyaqonda ukuthi iphysiotherapist ifanele nanokuthi ikuqeqeshelwe ukulapha ngezinaliti.

2. Izinxenye zomzimba wami engivuma zihlatshwe ngezinaliti lezi:

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3. Ngiyaneliseka ukuthi indlela yokulashwa ichaziwe kimi ngokwaneleyo nanokuthi imvume ngiyiceliwe nemibuzo yami iphendulwe ngokupheleleyo. Ngiyifundile incwajana enolwazi nge 'Dry Needling'.

4. Ngiyaqonda ukuthi lendlela yokwelapha yenziwa ngaphansi kokwelapha kokubuyisela imizimba yethu esimeni esingcono sempilo nanokothi kufanele ngilandele imithetho engiyinikezwa yiphysiotherapist.

**Usuku:..... Isikhathi..... Indawo.....20....AD**

**Ogulayo: .....**  
.....

**Unqaphi wogulayo:**

**Ufakazi: .....**

**Ufakazi: .....**