

Chair Nosse, Vice Chairs Nelson and Javadi:

My name is Diana Castaneda, and I am a licensed Doctor of Physical Therapy practicing in West Linn, OR. I am writing in strong support of House Bill 3824, which affirms the authority of licensed physical therapists to perform dry needling as part of our professional scope of practice. Dry needling is a safe, evidence-informed technique used to treat musculoskeletal pain and dysfunction by inserting thin, monofilament needles into myofascial trigger points and other soft tissues. This technique is grounded in the core competencies of physical therapy: a deep understanding of human anatomy, physiology, kinesiology, and neuromuscular function.

The Federation of State Boards of Physical Therapy (FSBPT), through its Model Practice Act (MPA), has explicitly recognized dry needling as within the scope of physical therapist practice. The MPA serves as the gold standard for state regulatory language and reflects national consensus on best practices and professional standards. Aligning our state law with the Model Practice Act ensures consistency, supports professional autonomy, and protects access to high-quality care for our patients.

Dry needling is not a new or experimental procedure; it is widely taught in post-professional education programs, supported by peer-reviewed research, and safely used by PTs across many states. Excluding physical therapists from using this technique would arbitrarily limit patient care options and hinder our ability to address complex pain and movement impairments efficiently.

As a clinician, I have seen the transformative impact dry needling has on patients—from reducing chronic pain and improving athletic performance to accelerating recovery after surgery or injury. This bill does not expand scope; it clarifies and protects what is already supported by clinical evidence and professional standards.

I urge you to support HB3824 and ensure that physical therapists in our state can continue to provide the highest level of integrative, evidence-based care that our patients deserve. Thank you for your time and consideration.

Sincerely,

Diana Castaneda, PT, DPT, BRM