

Submitter: Jennifer Mitol
On Behalf Of:
Committee: Senate Committee On Health Care
Measure, Appointment or Topic: HB3824

Ladies and Gentlemen,

I have been a practicing orthopedic physical therapist for 18 years; I have practiced in 4 states, all of which allow physical therapists to perform trigger point dry needling except for the state of OR.

The primary - actually, the ONLY argument - acupuncturists put forth in opposition is our supposed "lack of education," as we can be certified in dry needling during a weekend course rather than their "2000" hours of training. This is a wholly inaccurate and misleading point.

As physical therapists we are educated at the DOCTORATE level. Yes, I was certified to perform trigger point dry needling after a series of weekend continuing education courses. HOWEVER, and what the acupuncture lobby would have you forget, I have 4 years of an undergraduate education in the sciences (including anatomy, physiology, biochemistry, kinesiology, etc) as well as yet another 3 years of doctoral level training PRIOR TO and IN ADDITION TO those weekend courses. I am quite comfortable with human anatomy, neurovascular bundle locations and physiology; my weekend courses were to learn how to actually (and safely) manipulate the needles in order to achieve a neuromuscular response. Of course I was not meant to learn all of human anatomy and pathophysiology and biochemistry etc in my continuing education. That was very thoroughly covered in my DOCTORATE PROGRAM.

Secondly, and this matters quite a bit as well but acupuncturists do not mention this argument: PTs are educated in the medical model, NOT alternative medicine. I have no idea how to harness chi, or even what that is. What I DO know, and understand quite thoroughly, are resting potentials in muscles, how muscle spindle fibers react to noxious stimulation. THIS is what dry needling is hypothesized to affect, and this is absolutely NOT what acupuncturists do (or even claim to do.) PTs are NOT trying to perform acupuncture, we are performing a manual physical therapy technique to reset the resting potential of a hypertonic muscle. That's it. No more, no less.

The arguments put forth by the acupuncturists even here on this testimony page are completely irrelevant.

All you need to do is to decide if physical therapists have enough training to manipulate muscle tissue (which we do, and which our professional association

posits is well within the scope of our practice). If you believe we do, then you must pass HB 3824 and allow physical therapists to perform trigger point dry needling - as we can do in literally 46 other states without issue.

Thank you for your time.