

Submitter: Jessica John

On Behalf Of:

Committee: Senate Committee On Health Care

Measure, Appointment or Topic: HB3824

My name is Jessica John and I am an Oregon resident. Before I moved to Oregon, I regularly received dry needling from a licensed physical therapist and I am writing to urge you to support HB 3824, specifically the provision that would allow physical therapists to perform dry needling. Having experienced the effectiveness of dry needling to keep my body health as a circus performer and athlete, I can speak to not only the efficacy and safety of the intervention, but also the mental health benefit of being able to move well and stay out of pain. As a health care consumer in Oregon, my choices for receiving care that I know is effective for me is limited by restricting the practice of dry needling to exclude licensed physical therapists.

Having experienced both acupuncture from a licensed acupuncturist and dry needling by a licensed physical therapist, I can speak to the marked difference between the two techniques. Each technique has a different approach and expected outcome and equating dry needling to acupuncture is a false equivalence. I love acupuncture and go weekly. And it serves a totally different purpose. Moreover, most acupuncturists in Oregon do not have a the additional training required to treat musculoskeletal issues.
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I encourage you to support the inclusion of dry needling into physical therapy practice by supporting HB 3824 in its entirety.