

Submitter: Rebecca Younger

On Behalf Of:

Committee: Senate Committee On Health Care

Measure, Appointment or Topic: HB3824

I am writing in regards to bill HB 3824 in support of physical therapists and our ability to practice at the top of our skill set. I would like to write specifically to the topic of dry needling. I have been in orthopedic practice as an athletic trainer since 2011 and an PT since 2023. I have worked in 7 other states prior to being a resident of Oregon. In all of those states PTs and in some cases athletic trainers are able to perform dry needling treatments to their patients. These treatments are performed without increased reports of adverse events, supporting its safety and efficacy when used by competent providers. Also, I have been on the receiving end of these treatments by PTs and athletic trainers that has been monumental in my healing and resolution of symptoms. I have not be privileged to take part in the extensive training to earn my certification to perform dry needling on patients. But with the background I have in seeing the utilization of this therapy, I fully stand behind how significant these treatments are for a patients healing and symptom resolution. As physical therapists, our doctoral degrees prepared us with extensive orthopedic, neurological, and general medical knowledge. The courses approved for dry needling certification do not take anatomical education and knowledge lightly. This technique is used to treat neuromuscular dysfunction and pain as part of a comprehensive rehabilitation plan. No healthcare profession holds exclusive rights to a specific tool or technique—what matters is the provider's competence and training. Restricting its use to acupuncturists limits patient access to care, delays appropriate treatment, and can prolong their time of recovery which increases the financial burden on the health care system. Physical therapists are not out to take patients away from any other professional. Our goal is to effectively and appropriately help our patients heal. By passing this bill, you will assist in quicker return to work, sport, daily activities, and healthy members of our current society. HB3824 is about modernizing the profession in a way that enhances public safety, improves access to appropriate care, and empowers physical therapists to practice at the top of their training. I strongly urge you to pass this legislation and help Oregon physical therapists better serve their communities. Thank you for your time.