

Submitter: Jolene Faught
On Behalf Of: Physical Therapy dry needling
Committee: Senate Committee On Health Care
Measure, Appointment or Topic: HB3824

Dear Committee Chairs,

My name is Jolene Faught and I am a Physical Therapist and I have been practicing 25 years. I am writing in support of HB 3824, as it will align Oregon with national best practices to enhance patient safety, improve accessibility, and reduce healthcare costs.

I urge you to support HB 3824 for the following reasons:

? Allow physical therapists to certify a patient's disability placard or license plate application.

? Improve access to and timeliness of patient imaging by allowing PTs to order and interpret imaging. This helps improve patient outcomes by ensuring timeliness of care.

? Ensures patient safety by protecting the title "Doctor of Physical Therapy or DPT" to ensure that only those holding a doctoral degree in physical therapy are permitted to use this title and abbreviation. Currently, some entities are inappropriately utilizing "DPT", as an abbreviation for dynamic personal training, which is misleading for patients in Oregon.

? Adopt statutory language included in the PT Model Practice Act.

Lastly, I urge you to bring Oregon in line with 46 other states and the Federation of State Boards of Physical Therapy to make the practice of needle insertion and dry needling (DN) by a certified and licensed physical therapist legal in the state for the following reasons:

As a patient who has experienced both acupuncture and dry needling I can attest to the difference in evaluation, understanding of anatomical tissues, assessment of tissue, function and treatment with a needle. After seeing 7 different acupuncturists, I have great respect for these differences and routinely refer patients to acupuncture who I feel will benefit.

Since graduating from PT school in 1999, I have practiced in 6 different states. I was trained to perform dry needling in 2013 in North Carolina. There are very few interventions that provide such immediate changes to neuromuscular and musculoskeletal dysfunction, decrease pain and improve function like DN by PT's. A great representation of patient perceptions were recognized in 2017 by Colorado APTA. Four questions were asked, 2167 patient responses were received with the following outcomes:

- 1) How much does DN Matter to patients?
 - a. What percentage of your outcome is due to DN? 81%

- b. Did DN matter in your care? 96% needed DN
- 2) Do those who receive DN from Physical Therapists recommend it?
 - a. 95% recommend DN by PT's
- 3) Does DN change medication use for pain?
 - a. 79% reduced medication use
 - b. 20% no longer needed any medication
 - c. >50% of the respondents were taking medication for pain or loss of function prior to treatment.
- 4) How many treatments are needed to achieve the greatest response?
 - a. 70% in 4 sessions
 - b. In the first 2 sessions ~76% of that benefit is realized **incredible time and financial savings for patients.

As a patient, my first experience with dry needling in 2013 was life changing. I had daily headaches since my early teens after multiple whiplash injuries from gymnastics and horse accidents. After seeking help from my PCP, neurologists, chiropractors (chiropractic manipulations made them much worse), massage therapists (temporary benefits) and physical therapists (exercises and manual therapy did ease them) but one session of dry needling eliminated my headaches for 6 months.

In summary, I urge you to support HB3824 in its entirety. Oregonians deserve access to safe, effective, evidence based care by licensed providers.

Sincerely,

Jolene Faught, PT, DPT, WCS (Certified Women's Health Specialist)

1. HumRRO, Federation of State boards of Physical Therapy (FSBPT). Dry Needling Competency Update: Report Memo 2024, October 22, 2024.
2. Colorado APTA MacDonald, Cameron, PT. The Colorado Consumers Choice. Power Point Presentation. Nov. 2017.
3. Colorado APTA & MacDonald, Cameron, PT. The CO Experience: The impact of Dry Needling. Power Point Presentation. March 2018.