

## Testimony in Opposition to HB 3824

I am a licensed Acupuncturist in Oregon and California. I am also a former PTA in California.

I understand that Physical Therapists have been practicing "Dry Needling" for a while now in many different states. The main reason behind why the PT profession thinks they should be able to insert needles into a trigger point stems from one PT in the past, Janet Travell, who was also a Registered Nurse and thus legally able to use needles, creating the practice of trigger point therapy with needle stimulation. Nowhere in any of the Physical Therapy schools' curriculum, that I am aware of, is the insertion of needles to treat trigger points or anything else taught in PT schools. It is only taught to PTs through continuing education classes that are usually not more than 3-4 days long. And now seems to be covering much more than just treating trigger points. Yet because one PT once did it then all should be able to?

This would be akin to saying that my sister is a doctor so because we are sisters I should be able to practice medicine too without going to school for it, just because we are sisters and she showed me a few things one weekend.

Acupuncturists are required to attend 4 years minimum worth of higher education in order to learn the history, technique, safety and everything else associated with performing Acupuncture. The insertion of needles anywhere in the body even if not in a documented acupuncture point is still considered Acupuncture. There are many studies especially from Bastyr University in WA that prove that even "Sham" acupuncture (defined by the previous sentence) can have benefits to a lesser degree than real acupuncture. While stimulating a trigger point with a needle is called by different terms in acupuncture such as treating an Ah Shi (painful) point, inserting a needle into one whether it is at a true acupuncture point or not can have benefits because of the connection of every part of the body by the unseen Qi or energy that flows everywhere throughout the body. PTs should be referring their patients with trigger points that don't respond to their other manual techniques to a licensed Acupuncturist, not trying to do that which they are not licensed to do through their scope of practice.

As seen many times with medical doctors trying to practice acupuncture in their offices because they are licensed to use needles, often they do not give the patient enough time or use just a "cookbook" recipe of acupuncture points that they learned at a weekend seminar and then when the patient doesn't improve they prove their pre-conceived belief that acupuncture doesn't work. This as well as PTs performing acupuncture and trying to call it by a different name leads to a bad opinion of the Acupuncture profession because patients see it as such and then believe that is all Acupuncture is and that it doesn't work. Acupuncture (any insertion of any fine gauge solid needle into the body anywhere) needs to be left to those who studied it for 4+ years and are licensed to practice it.