

Submitter:

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On Behalf Of:

Committee:

Senate Committee On Health Care

Measure, Appointment or Topic:

HB3824

I am a retired Marine officer with multiple chronic injuries in my neck, back and ankles from over 20 years of active duty service as a fixed-wing tactical aviator and forward air controller. Over the years in other states I have had physical therapists perform dry needling as an integrated part of their therapy plan. I have also received physical therapy where dry needling was not performed. Based on my experience, my recovery was 2x faster when dry needling was included. I have also noticed that dry needling reduces the physical stress that PTs endure from manipulation because the needling relieves fascia tension, enabling PTs to use a lighter touch and more easily address problem areas.

I have also received acupuncture treatment over the years, which I find beneficial for mental and emotional health. In my experience acupuncturists insert needles and leave the room, allowing time for the needles to work. There is no follow-up hands-on manipulation to help resolve issues that physical therapists are trained to practice.

I did not think about this issue when I left our state in 1996 to begin my Marine Corps career, but upon my return with chronic service-related injuries I am disappointed that physical therapists in the state of Oregon are hamstrung by their inability to integrate dry needling into their practice. Dry needling by physical therapists will benefit all Oregonians and should be authorized as soon as possible.