

Submitter: Jennifer Exline
On Behalf Of:
Committee: Senate Committee On Health Care
Measure, Appointment or Topic: HB3824

Members of the Senate Committee on Health Care,

My name is Jennifer Exline Doctor of Acupuncture and Chinese Medicine, L.Ac. I am from Oregon City, and I am here in opposition to HB 3824, specifically the inclusion of “needle insertion” (Page 3, Line 37) in the physical therapy scope of practice. The term refers to dry needling, a technique that uses acupuncture needles to penetrate the skin and stimulate muscle or nerve tissue—functionally equivalent to acupuncture, as defined in Oregon law.

When I was a student of Acupuncture and Chinese Medicine, I was required to complete 3,500 hours of training in order to be proficient in my knowledge of the human body and its structures in order to safely practice acupuncture. While Physical therapists are knowledgeable in anatomy, their primary focus is on biomechanics. While physical therapists are required to have at least 2000 hours of clinical experience, this does not include penetration of the human body. Dry needling continuing education courses are only 20-80 hours, which if looking at similar time commitments is similar to the hours necessary to receive a driver's permit or to take the first course of a language series. It isn't enough to become proficient in driving, Spanish, or to safely apply needles to the body without additional supervision and practice.

Legal and Regulatory Conflict

Under ORS 677.757(1)(a), “acupuncture” is explicitly defined as the stimulation of specific points on the body “by the insertion of needles”. The statute further affirms that acupuncture includes the use of electrical or mechanical devices with or without needles, which are also marketed under dry needling protocols.

Acupuncture may only be practiced by those licensed by the Oregon Medical Board under ORS 677.759. Unauthorized practice of acupuncture—including any unlicensed needle insertion—is considered the unauthorized practice of medicine under ORS 677.765 and is subject to penalties. This bill therefore directly conflicts with established state law by proposing to allow non-OMB-regulated practitioners (physical therapists) to perform a procedure that falls squarely within the legal definition of acupuncture.

The Acupuncture Advisory Committee established in ORS 677.780–785 was specifically tasked with recommending standards for education, licensure, and scope

of practice in order to protect the public. HB 3824 undermines this structure by bypassing OMB oversight entirely.

Education and Patient Safety

Licensed acupuncturists in Oregon must complete 2,500 to 3,500 hours of training, including 800–1,000 hours of supervised clinical education. This far exceeds the 20–100 hours of training typically offered in dry needling courses for physical therapists. This discrepancy has serious implications for patient safety.

Numerous studies highlight increased risks of adverse events when dry needling is performed by inadequately trained providers:

36.7% of dry needling treatments resulted in adverse events, with 20 major complications such as pneumothorax and nerve injury (Brady).

A Polish study reported 3% pneumothorax, 14% nerve palsy, and 1% hospitalization (Majchrzycki).

Multiple case reports confirm life-threatening events, including bilateral pneumothorax and prolonged nerve damage (Sahin).

For these reasons, the term “needle insertion” should be removed from HB 3824. It is legally inconsistent with OR law, compromises patient safety, and bypasses established licensure and oversight standards put in place to protect the public.

Thank you for your time and consideration.

Citations

ORS 677.757–677.785: Licensing and regulation of acupuncture in Oregon

Brady S, et al. Adverse events following trigger point dry needling: a prospective survey of 20,000 treatments. *PM&R*. 2014;6(9):847–852.

Majchrzycki M, et al. Adverse Reactions to Dry Needling Therapy: Insights from Polish Practitioners. *MDPI*. 2022.

Sahin N, et al. A Rare Complication Caused by Dry Needling: Bilateral Pneumothorax.