

I am a physical therapy student studying at the University of Colorado writing to support Oregon HB 3824. I was raised in Oregon, so I did not get to witness the clinical application of dry needling until I moved to Colorado for my studies. In Colorado, I work under two therapists, certified in dry needling, who use the intervention to provide nearly immediate relief for muscle strains and dysfunctions. The clinicians use dry needling as a tool in their toolbelt, using it as a supplement to exercise and other manual interventions when the patient is a good and willing candidate. Dry needling, with proper training, is a safe and effective method of targeting muscles for rehabilitation purposes, reducing muscle tension and increasing blood flow to the area. It is more targeted and effective for reaching deep muscle pains than other interventions. Having seen its influence, I believe it is a disservice that physical therapists in my home state cannot perform dry needling.

I am very passionate about the efficacy of dry needling. I have received the intervention myself and had amazing results. I have watched patients' lives change for the better in a matter of minutes. Physical therapists are highly-trained and knowledgeable, many have doctorate-level degrees, and all continue to hone their skills through continuing education each year. I want to include dry needling in my repertoire of rehabilitation techniques upon graduation and certification, so I would love to see Oregon recognize the importance of its application in a physical therapy setting.