

Submitter: Rob Routledge
On Behalf Of:
Committee: Senate Committee On Health Care
Measure, Appointment or Topic: HB3824
Senate Testimony:
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Good afternoon, Chair Patterson, Vice Chair Hayden, members of the committee, my name is Rob Routledge. I am from Lake Oswego and a native Oregonian. I am here today in support of HB 3824A. Specifically, I wish to share the extraordinary treatment experience I had with Dry Needling by a Licensed Physical Therapist, who was also certified in Dry Needling.

Over 20 years ago I sustained a severe low back injury while traveling overseas. Upon returning home I underwent over 8 months of physical therapy. I recall vividly the day my physical therapist told me there was nothing more they could do to address my low back pain. I was told the muscle that was impinged was too deep for them to reach. As you can imagine the feeling of hopelessness immediately set in. I am not sure how many of you have had a prolonged injury, but the mental and physical exhaustion that sets in being in persistent pain is so draining, it borders on being unbearable.

After a follow up visit with my doctor I underwent a series of acupuncture treatments, as well as chiropractic visits to no avail.

Nothing was alleviating the pain in my low back. A friend told me about dry needling, and willing to try anything other than resign myself to being on prescription pain meds I looked into it and found a licensed Physical Therapist skilled in the treatment. I scheduled an evaluation to review my now chronic low back condition that had been going on now for over 12 months.

Following the evaluation, I consented to be Dry Needled. Upon having a needle inserted directly into the impinged muscle in my low back it immediately released, I felt the energy of the muscle twitch all the way up my back into my neck.

For the first time in over a year and thousands of dollars in medical expenses the pain in my low back was completely gone. A follow up treatment was not even needed.

In closing, I ask that each of you join your colleagues in the house who voted nearly unanimously to approve this bill, so that all of the highly skilled, tremendously talented and dedicated Physical Therapists, who are the foremost experts in

Muscular Skeletal Rehabilitation practicing in Oregon have all the tools and resources available to effectively do their job in bringing real and lasting change to the numerous muscular skeletal impairments they treat each day. All Oregonians should have a choice of provider, and access to the same life changing treatment I was fortunate to have received so many years ago. I cannot imagine what road my life would have headed down without this treatment.

Thank you so much for your time and consideration.