

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

I, Jennifer Hurth L.Ac. , oppose HB 3824. Below are reasons why dry needling should be exclusive to acupuncturists in the state of Oregon.

1. Depth of Training

Acupuncturists undergo rigorous training programs, lasting three to four years, focused primarily on needle insertion techniques. This includes detailed instruction on human anatomy, safe needle practices, and the principles of East Asian Medicine. On the other hand, physical therapists usually learn dry needling in a shorter course, often as an adjunct skill, which may not offer the same depth of understanding around needle manipulation. Unfortunately many physical therapists start using dry needling techniques after only one weekend seminar and only a few hours of hands on practice.

2. Extensive Needle Experience

Acupuncture training involves hundreds of hours of hands-on clinical experience with needle insertion, providing acupuncturists with a detailed understanding of how the body responds to treatment. This familiarity can translate into more precise and effective dry needling treatments.

3. Holistic View

Acupuncturists often take a holistic approach to patient care. They understand that pain in one area of the body can be linked to issues elsewhere, and look beyond the surface symptoms to address root causes. This broader view can often lead to more comprehensive treatment plans and better long-term outcomes.

4. Integrative Care

As acupuncture and dry needling are similar yet distinct, an acupuncturist is in a unique position to offer both as part of an integrative care plan. This enables them to provide a more diverse treatment approach tailored to the specific needs and preferences of the patient.

5. Focus on Wellness and Prevention

Traditionally, acupuncture focuses not only on treating existing ailments but also on promoting overall health and preventing future issues. This perspective aligns well with dry needling, which can help prevent the build-up of muscle tension and the development of trigger points.