

Decision Makers for the passage of HB 3824A,

As a licensed Doctor of Physical Therapy practicing in Oregon for over 11 years, the passage of HB 3824 is vitally important because it recognizes the vital role that PTs play in Oregon's health care system and the doctorate level rigorous training, education, and experience that PTs bring to serve our patients and move them away from sickness toward wellness and hopefully fitness. It does not expand our practice scope beyond our capabilities, but rather allows us to properly apply our full training and education within our scope to better care for our patients. The below factors currently being excluded from our practice scope frankly forces us to be negligent in our care for our patients forcing us to withhold treatment we know could be helpful to them.

HB 3824A aligns the practice of physical therapy in Oregon with the Model Practice Act established by the Federation of State Boards of Physical Therapy - in some cases, like dry needling, expanding care that is available in **46 others states**, but currently not available in Oregon. It's hard to believe that over 90% of the other states have made the wrong choice in choosing for dry needling and the other scope of practice improvements for Physical Therapists within this bill.

I've seen opposition statements concerned with the "safety" of PTs inserting needles as part of treatment. PTs have doctorate level education on the musculoskeletal system with extensive knowledge of anatomy and physiology. We understand the potential risks of inserting a needle in the wrong location and how depth of insertion would also matter, among many other factors. There is no more risk of a Physical Therapist being maleficent with a needle insertion than a physician, acupuncturist, or any other provider with needle insertion in their scope of practice.

Specific to dry needling, Physical Therapists are arguably the most effective provider to use it. The body of evidence based practice suggests that **passive modalities alone do not make significant long lasting changes.** They make excellent short term changes and **the magic is what you do right after!** PTs are the professionals to take the benefits of less pain and muscle tension after dry needling and then to help that patient discover more mobility and strength they previously did not have to finally make a change in their pain and function. Withholding this benefit from Oregon residents seeking PT care would be clear negligence on the part of anyone voting against this bill.

With the passage of this bill, PTs are not going to be performing dry needling with every patient. We will continue to use our other manual skills such as joint manipulation and

mobilization, myofascial decompression with cups, soft tissue massage with our hands and instruments, as well as other manual therapy techniques to reduce pain and improve mobility, strength, and function. The ability to use dry needling when it's indicated would just be one extra tool to help us do all the above better. Doesn't that sound like the healthcare provider you want to have the ability to use insertional needles when it's indicated and the best treatment to utilize rather than a provider who uses it as their only modality?

My hope is that as PTs start demonstrating these improvements, acupuncturists, and other providers performing insertional needling treatment will study more how PTs are using dry needling and that they'll refine and improve their practice and even more Oregon residents will benefit from those providers' improved treatments as well!

In addition to dry needling, HB 3824A would allow physical therapists to certify a patient's disability placard or license plate application. This ability is vitally important especially given Oregon's shortage of providers and can help ensure that patients get adequate accommodations quickly and without unnecessary delay. PTs have Doctorate level education to be able to properly identify the need or lack of need for this designation.

Finally, HB 3824A would improve access, particularly in rural communities, to and timeliness of patient imaging by allowing PTs to order and interpret imaging. Over 10 other states have taken this action to help reduce patient cost burdens and improve patient outcomes by ensuring timeliness of care. As PTs, we understand the normal effects of aging that will be seen on imaging and how to properly educate our patients, but we are also competent in identifying medical red flags where imaging is appropriate.

In summary, it would be negligent to not pass HB3824 to allow licensed Doctors of Physical Therapy in Oregon to practice within the full scope of our training, education, and expertise. With the improved practice and treatment abilities allowed with this bill, Physical Therapists will be able to better serve Oregon residents to help move them out of sickness and pain toward more wellness, fitness, and overall better quality of life.

Thank you so much for your time, consideration, and care for Oregon residents' health and fitness.

Stronger Together,

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