

Submitter: Kelly Brainard

On Behalf Of:

Committee: Senate Committee On Health Care

Measure, Appointment or Topic: HB3824

As a patient with chronic back pain, I am a huge supporter of dry needling. Over the past 10 years I have received treatment from PT, Chiropractors, Doctors, Acupuncturists, Massage Therapists and dry needling. Dry needling has helped my back pain far more than any other treatment. As a business owner in Oregon with a high insurance deductible, time and cost savings are also very important to me. One session of dry needling is more cost efficient and effective than multiple sessions of massage therapy, chiropractic visits or standard PT. Acupuncture also did very little for me. I did multiple sessions of acupuncture and got little to no relief. I was doubtful dry needling would work, but it was completely different than acupuncture and again, so much more effective.

Please allow dry needling in Oregon. I truly believe that I will be able to avoid back surgery down the road if I am able to receive dry needling. Avoiding surgery through dry needling should be enough of a reason to allow it in Oregon.