

Submitter: Sonya Smith

On Behalf Of:

Committee: Senate Committee On Health Care

Measure, Appointment or Topic: HB3824

As a lifelong athlete and movement teacher, I am attuned to efficient physical function in myself, my students and my clients. To support that, I seek out high quality care and have found Physical Therapists an invaluable resource in my own recovery from injuries. I was lucky to have access to Physical Therapists utilizing dry needling during my MFA in Dance studies in Colorado and it was profoundly effective. Dry needling released imbalances that were causing pain and restriction allowing me full participation in a physically demanding course of study. Since moving to Oregon, I have missed this technique as nothing else is quite as effective.

Streamlining the process of care by giving physical therapists the ability to use all the tools they are qualified to offer is in the best interest of patients and practitioners alike.