



## MedStar Orthopaedic Institute

March 17, 2022

I am writing to you in regard to Senate Bill 711 which allows Certified Athletic Trainers the ability to perform a procedure called dry needling as a part of their scope of practice. Dry needling is a means to treat myofascial pain by using a thin needle to stimulate and release myofascial trigger points. This technique can provide immediate relief from symptoms not achieved by other means. Some of the conditions that are helped with this treatment include: tendonitis, muscle and tendon strains, muscle spasms and tightness, as well as many athletic overuse injuries.

Over my 15 years of practice, I have had the opportunity to work with Certified Athletic Trainers at all levels of care, from the high school level up to the professional level. The care they provide in the training room for athletes is essential in getting them back on the field. As with any profession, it is essential to have all of the tools available to you to provide the best level of care. The skill of dry needling does require training and certification and is commonly practiced by some physical therapists and chiropractors. I truly believe that this essential skill can be used by Certified Athletic Trainers correctly and prudently after the appropriate level of training and certification. I would have no issue as a supervising physician to sign off on this skill as part of the scope of practice. It is without any reservations that I am recommending that the skill of dry needling be added to the scope of practice for all Certified Athletic Trainers.

Sincerely,

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