



UNIVERSITY OF
MARYLAND

UNIVERSITY HEALTH CENTER

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February 13, 2022

Health and Government Operations Committee
Chair Delegate Shane E. Pendergrass
Vice Chair Delegate Joseline A. Pena-Melnyk
Room 241
House Office Building
Annapolis, Maryland 21401

SUPPORT: HB 1016- Health Occupations- Licensed Athletic Trainers- Dry Needling Registration

Dear Health and Government Operations Committee:

The most important relationship in organized, high school and college sports is the one between the student athlete and the Athletic Trainer. Healthcare Everywhere, is truly a motto that rings true. The Athletic Trainer provides the preventive, in recreation/competition, with injury and rehabilitation care to millions of people in our country and not just athletes.

Athletic Trainers complete both didactic and clinical requirements to use a variety of manual and equipment directed care for the people they serve. They work in physician offices, rehabilitation centers; for sports teams and educational institutions. They are always advancing in the modalities in which they can provide wellness.

Dry needling involves the use of solid filiform needles for the treatment of musculoskeletal pain and soft tissue dysfunction. The insertion of needles into specific targets may increase local blood flow to tissue and relax trigger point related muscular tension resulting in decreased pain and improved function. Dry needling is a treatment technique that has been utilized by physiotherapists in the United States since 1984. Since that time, there has been a significant increase in dry needling certification programs and continuing education courses.

Athletic Trainers around our country have begun performing Dry Needling. Currently, there is no profession-wide standard that defines athletic trainer competence in dry needling. Prior to performing dry needling, athletic trainers must ensure their state practice act does not prohibit them from performing dry needling as part of the athletic training plan of care. Additionally, athletic trainers must satisfy any requisite educational and training necessary to provide dry needling. Athletic trainers may have to produce evidence of appropriate training and demonstrate knowledge and competency in dry needling. Some states require certification and physician oversight while others may require the completion of certification courses.

I have been a Family Physician and Sports Medicine specialist in the state of Maryland for 24 years providing care for all ages. I rely on the services of the Athletic Trainer to provide the best care they can to the promotion of physical fitness and rehabilitation for my patients. I am enthusiastic in my support for HB 1016 for ATC's to have the ability to perform Dry Needling on patient/people who can benefit from



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that modality. I would also volunteer to serve on a credentials committee to oversee the proper credentialing for Maryland's ATC who desire such skills for providing Dry Needling.

Please contact me with any additional questions or information.

Sincerely,

Yvette Rooks MD FAAFP
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Sports Medicine
Head Team Physician UM-College Park
MPSSAA- Sports Medicine Advisory Committee
NFL General Medical Committee
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