

Delegate Shane E. Pendergrass, Chair
Room 241
House Office Building
Annapolis, Maryland 21401

March 8, 2022

Re: HB 1016 – UNFAVORABLE – Health Occupations – Licensed Athletic Trainers – Dry
Needling Registration

Dear Chairwoman Pendergrass and Members of the Committee:

I am contacting you as a Maryland constituent regarding Maryland HB 1016 allowing athletic
trainers to provide dry needling, and to express my strong opposition.

I won't make you wade through the copy pasted arguments, although I share those concerns
that you have undoubtedly already read. I'll just share my thoughts.

Dry needling is acupuncture. 40 hours is not enough training. As an acupuncturist, I have to
complete 30 hours of continuing ed every two years to keep my license.

Dry needling can be a very effective acupuncture technique, but must be provided by a
competent provider. I have had many patients injured by PTs performing dry needling.

I have seen chiropractors advertising "dry needling," showing needles in the abdomen and
touting its benefits for digestion. That's not trigger point release. This opens the door for some
very questionable practices and blurred lines.

For the safety of our patients, please keep acupuncture in the hands of qualified acupuncturists!

Thank you.

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