

Rebecca Perry
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Position: SUPPORT

Dear Chair, Vice-Chair, and Members of the Committee:

I am writing in Support of **SB 232/HB 172-LICENSED ATHLETIC TRAINERS-
DRY NEEDLING APPROVAL.**

As a current student in a Graduate education program I can attest to the education I am receiving. My education is preparing me to assist athletes in the prevention of injuries, diagnosis and intervention of emergencies, care of acute and chronic medical conditions involving impairment, care for functional limitations, and disabilities. With this education I am being educated on how to provide the proper treatments in order to help my athletes recover better and return to activity faster. One method that can be used to help athletes is Dry Needling.

Dry needling is a type of manual therapy that is used to reach deeper into the muscles than we can reach with our fingers and hands. According to Maryland COMAR 10.38.12.02 Dry Needling is defined as an intramuscular manual therapy that involves the insertion of one or more solid needles into the muscle and related tissues to affect change in muscle and related tissues. This deactivates trigger points and can bring immediate relief of symptoms that can not be attained by other treatments.

In the state of Maryland athletic trainers are unable to use dry needling to treat our patients since it is not included in the Maryland Practice Act. As a result athletic trainers in Maryland are hindered in our ability to provide the highest standard of care to our athletes. Allowing athletic trainers to perform dry needling would allow for athletes to receive the highest quality of care from their athletic trainer without needing to be referred to outside sources.

In addition, Athletic Trainers who work for national governing bodies and US Olympic teams work under their home state practice act. This puts Maryland Athletic Trainers at a disadvantage since they cannot Dry Needle. Qualified Athletic Trainers in 28 other states and the District of Columbia are allowed to Dry Needle making them more qualified and more desirable for positions like these.

Dry Needling is a skill that is shared with other medical professionals such as physical therapists, chiropractors, and physicians. With the proper education Athletic Trainers are prepared to provide Dry Needling treatments. Many courses last over a four-day period which involve over 25 hours of coursework and hands-on practice. These courses have shown to be successful in preparing health care professionals to perform dry needling.

For these reasons, I respectfully request a favorable vote on both HB 172 and SB 232.

Sincerely,
Rebecca Perry