

February 18th, 2023

Dear Sir or Madam:

I am writing to you today to solicit your support for SB232/HB172 -Licensed Athletic Trainers – Dry Needling Approval Bill. I am currently a sports medicine physician who works for MedStar Health specifically with the MLB Orioles and at Coppin State University. Also, I am the Sports Medicine Director of the Running Medicine covering such races as the Baltimore Running Festival. I work with athletic trainers who treat all ages of athletes and in settings that sometimes include the most underserved of our fellow citizens. I sincerely endorse this bill and would like to take the time to explain why your vote “yes”, is critical.

As you may know, in the State of Maryland all athletic trainers (ATs) have licensed supervising physicians. This means dry needling would not occur without policies and procedures developed by a physician. Each AT must have their supervising physician agree to allow them to dry needle. This is like other skills that a AT would use in the care of their athletes, such as reducing a dislocated finger on the sidelines. Dry needling requires training and certification. Dry needling when performed in this medical setting is safe and effective. It may reduce the need to treat painful trigger points in other ways. In conjunction with other treatment options such as medications, modalities or therapies, dry needling is considered an established modality and is a well-studied option for athletes.

Please do not hesitate to contact me if you have any questions or concerns. I would be eager to help you if you or your staff had questions regarding this bill. I hope to garner your support toward the passage of this important bill.

Sincerely,

Matthew Sedgley, MD
Team Physician, MLB Orioles
Team Physician, Coppin State University
Sports Medicine Director, Baltimore Running Festival
MedStar Health, Orthopedic Institute