



Bill: SB 0232/HB 0172 - Health Occupations- Licensed Athletic Trainers- Dry Needling
Registration

Position: Support

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

My name is Chris Lacsamana and I am the Head Athletic Trainer for the XFL's DC Defenders and formerly the Senior Associate Athletic Trainer for Football at the University of Maryland. I have been a certified athletic trainer for 25 years. Athletic trainers are licensed, board certified health care professionals with, at minimum, a bachelor's degree in athletic training from an accredited institution. More than seventy percent of the profession has a master's degree or higher level of education, and the profession now requires a master's level degree for entry. Athletic training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations, and disabilities.

I have been certified in dry needling since 2018. I received my certification through a course called Foundations in Dry Needling for Orthopedic Rehab and Sports Performance. The course was over a four day span which involved over 25 hours of coursework and hands on practice which included other health professionals like Physical Therapists and Chiropractors. Prior to my arrival at the University of Maryland, I worked as a Senior Associate Athletic Trainer at the University of Michigan. In the state of Michigan, athletic trainers are allowed to dry needle as part of their state practice act. I was able to make a tremendous impact with the student athletes that I worked with that included Olympic Gold Medalists from Swimming, US National Team Members from Field Hockey, Men's Gymnastics, Water Polo, and future professional baseball players. Dry needling has been a valuable modality that has helped my former student-athletes with great outcomes in their return to play or being able to continue to train for their sport. Currently, while working in the XFL as the Head Athletic Trainer for the DC Defenders, I am able to improve my professional athletes day to day treatments and recovery. It has helped them in a variety of ways with their injuries by decreasing pain, swelling, trigger points or improving their recovery for the next practice or game.

Previously, I was unable to use dry needling as a course of treatment for my student-athletes because the state of Maryland does not include it in their state practice act. As a result, I was hindered in my ability to provide a high standard of care to my current student-athletes, and my impression is that athletes are at a disadvantage because they cannot otherwise receive dry needling in a manner that easily accommodates their already demanding class and practice schedules. Passing this bill would allow certain certified and trained athletic trainers to practice dry needling in the State.

For these reasons, I respectfully request a favorable vote. Should you have any questions, please feel free to contact me via email at chris.lacsamana@xfl.com or my cell phone at (734) 277-8727..

Sincerely,

Chris Lacsamana, M. Ed, ATC, LAT, CSCS
Head Athletic Trainer
D.C. Defenders- XFL