

February 11, 2023

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Maryland General Assembly:

I would like to present an argument against the case of using dry needling acupuncture for treating pain or injury, especially in the field for athletic, sport, or field injuries without accredited doctoral study and certifications from an accredited Acupuncture School.

Acupuncture, especially in Traditional Chinese Medicine (TCM), has a very complex set of observations, listening, and palpations both physically and energetically which have been studied and developed over 3000 years. It is not a quick fix treatment nor a simple stick of a needle on a point— i.e. treatment complete — nor is it one that is administered on the same point for each injury, categorized illness, or disease.

Dry needling, as an overall category, also has a multitude of techniques that may be used in a session to stimulate intramuscular responses or trigger point responses.

Although Western medicine has more recently been expanding the search for more “holistic” approaches to wellness including massage, chiropractic, physical therapy, surgical, herbal, aroma therapy and acupuncture, the muscular skeletal system is a very complex system which requires many levels and degrees of study to not only physically, but mentally comprehend. A comprehensive in-depth study of the musculoskeletal system, including organs, and the central and peripheral nervous system are critical for any acupuncture and especially a dry needling practice — and is especially critical when being administered for pain or injury in neck, abdomen, groin, back or chest areas.

Speaking as a retired and nationally certified massage therapist and former educator with credentials in numerous modalities, as well as a survivor of physical trauma and cancer, I have received and worked with a variety of practitioners, therapists, and acupuncturists for more than 40 years. Additionally, I have experienced, or have seen some of the injuries, or dangers that can be inflicted by inexperienced or lesser trained practitioners when administering hands-on examinations and treatments. Furthermore, any dry needling technique runs the risk of damaging internal organs or lungs, nerve or blood vessel damage, bruising, additional skin irritations, skin discoloration, and muscle twitching.

Adding a dry needling component to the study of physical therapy, in my professional opinion, personal study, and experience is not in the best interest of serving a patient to their fullest and decreasing the least amount of potential risks. Acupuncture in all aspects, including dry needling, and any additional Eastern modalities of study, should be given the same respect and value of study as is expected in a full graduate doctoral program. Years of education and skillful anatomical training are critical in addition to continuing education and national certifications.

Respectively submitted,

Mary M. Fredlund

**Studies:**

BFA, Magna Cum Laude, MICA

Graduate Certification: Baltimore School of Massage: Intensive Semesters in Swedish, Deep Tissue, Myofascial Release.

Graduate Studies: TAI Sophia, Health & Wellness Coaching Program.

**Teaching Experience:**

**Maryland Institute College of Art (MICA)**

Visual Communication, Graphic Design 1 & 2

Production 1 & 2, Business Practices and Records

Phenomenon of Visual Thinking 1 & 2, Elements 1 & 2, Color Theory,

Environmental & Interior Design, Design Concepts & Theory

**Glasgow College of Art & Design, Scotland**

Visiting Professor & Production Associate, Graphic Design, Textiles

**Nova Scotia College of Art & Design, Canada**

Visiting Professor Design

**Baltimore School of Massage**

Practice Supervisor Levels 1, 2 & 3

Supervisor & Teaching Assistant Swedish, Deep Tissue & Myofascial Release Massage

Instructor & Teaching Assistant, Introduction to Swedish Massage and Anatomy

Instructor, Day of Synthesis

Teaching Assistant, Feldenkrais method

Teaching Assistant and Instructor, Palative Care Massage

Exam Proctor: Administering for Learning Challenged

**Certifications/License:**

National Certification Exam for Therapeutic Massage and Bodywork (NCETMB)

Board Certified by NCBTMB (National Certification Board for Therapeutic Massage and Bodywork) and

Registered in Maryland as a LCMT in Maryland (previously under the Chiropractic Board before becoming

Maryland State Board of Massage Therapy Examiners)

**Continuing Studies or Certifications:**

Ethics, Zero Balancing, Craniosacral Therapy, Shiatsu, Sports, Prenatal, Chair, Infant Massage, Therapeutic Touch,

Lomi Lomi, Aromatherapy, Reflexology, Reiki, Lymphatic Drainage, Palative Care Massage, Tui Na, Thai Massage,

Acupressure, Trigger Point, Feldenkrais movement, Treatment of Diabetes, Sports Therapy, Equine Animal Therapy

Sound Therapy One