

Delegate Joseline Pena-Melnyk, Chair
Room 241
House Office Building
Annapolis, Maryland 21401



February 13, 2023

Re: HB0172 – UNFAVORABLE – Health Occupations – Licensed Athletic Trainers – Dry Needling Approval

Dear Chairwoman Pena-Melnyk and Members of the Committee:

I am contacting you as nationally board certified with a current, full, active, and unrestricted license to practice acupuncture in a Colorado and on behalf of all acupuncture patients regarding Maryland HB0172 allowing athletic trainers to provide dry needling, and to express my strong opposition. Should this bill pass, and allow athletic trainers to use the appropriated technique described as dry needling, Maryland patients are at risk of grave harm including punctured lungs, infection, nerve damage, and more.

Multiple medical boards, professional organizations, and certifying bodies, including CMS, AMA, AAMA, AAPMR have concluded that not only is dry needling the practice of acupuncture, but that it's practice should be limited to providers with extensive training in the use of filiform needles such as trained physicians and licensed acupuncturists going back to 2012.

The use of filiform needles for medical purposes is part of a larger system of traditional medicine that has long faced disparagement from the medical community at large and must be practiced with the proper context and training. Acupuncture practice involves an entirely separate system of examination, diagnosis, and treatment that informs licensed acupuncturists not only where to place the needles but provides the why and when. It is not enough to know simple anatomy, but knowledge of the larger systemic effects of using needles is necessary for public safety. Not just to avoid physical harm, but also the financial harm of ineffective treatment at best, and additional treatment needed to combat adverse effects at worst.

Acupuncturists require a minimum of 700 hours of class instruction (includes traditional diagnosis and treatments techniques, as well as 450 hours being in biomedicine) and 660 hours of supervised clinic training and Physicians require 300 hours of additional training in order to perform acupuncture. Athletic trainers are requesting to be approved with an 80-hour course. Athletic trainers are also seeking to expand their scope to include an invasive procedure which they have no training for, without going through the necessary process of a change to their statute. Furthermore, the Medical Board has already testified that they have no mechanism in place to perform the required supervision of athletic trainers in the state of Maryland.

According to American Medical Association (AMA) policy H-410.949 from 2016, "Our AMA recognizes dry needling as an invasive procedure and maintains that dry needling should only be performed by practitioners with standard training and familiarity with routine use of needles in their practice, such as licensed medical physicians and licensed acupuncturists." The American Academy of Physical Medicine and Rehabilitation (AAPMR) issued the following in 2012: "The American Academy of Physical Medicine and Rehabilitation recognizes dry needling as an invasive procedure

using acupuncture needles that has associated medical risks. Therefore, the AAPMR maintains that this procedure should only be performed by practitioners with standard training and familiarity with routine use of needles in their practice, such as licensed acupuncturists or licensed medical physicians." This bill is an attempt at an often-effective technique used in the past to disparage acupuncture while re-naming it 'dry needling' with the purpose of avoiding the extensive requirements placed on licensed acupuncturists to ensure patient safety and clinical efficacy.

For all these reasons, I am asking you to oppose HB172.

**Dr. Donna Sigmond, RDN, DACM, LAc, LCh, CLT, FAAMFM, ABAAHP, Certified Genomic
Medicine Clinician
East West Wellness
Register Dietitian #863728, CO Acu License #1062, NCCAOM Diplomate of Oriental
Medicine #002689, Doctorate of Acupuncture & Chinese Medicine, Advanced Fellow and
Board Certified in Anti-aging, Regenerative, and Functional Medicine, Current Faculty
Member Colorado School of Traditional Chinese Medicine, Past Faculty Member
University of Colorado Boulder General Clinical Research Center
1148 W Dillon Rd, Ste 1, Louisville, CO 80027**