



APPENDIX

In MAR Notice No. 24-177-32, the Montana Board of Physical Therapy Examiners (BOPTE) identified all states currently allowing dry needling by physical therapists.

The Federation of State Boards of Physical Therapy's "Federation Forum" in 2012 noted:

There are currently no consistent profession-wide standards/competencies defined for the performance of dry needling. Each state has defined its own requirements. The states have taken very different paths on training requirements. Some have been very prescriptive requiring a certain number of hours and years of experience before practicing the technique while others refer to the self-policing of professionals to do only what you are trained and competent to do.

The Montana Board of Medical Examiners offers this summary of other states' training and competency standards governing dry needling by physical therapists as supplementary information to its comments for the BOPTE's consideration.

1. **COLORADO** – 4 CCR 732-1:211
 - Documented successful completion of dry needling course of study
 - **Minimum 46 hours** face-to-face dry needling course study (online not accepted)
 - **2 years practice as licensed PT** prior to use of dry needling technique
 - Provider of dry needling course of study must meet the educational and clinical requirements listed above and demonstrate a minimum of 2 years of dry needling practice techniques (provider is not required to be a PT)
 - PT must be able to provide written documentation of proper training

2. **DISTRICT OF COLUMBIA** – Municipal Regulations Title 17, Chpt. 67, Section 16
 - Must have documented proof of specialized training
 - **Board-approved professional training program** on dry needling that requires each trainee to demonstrate cognitive and psychomotor knowledge and skills, attended in person (not online or self study);
 - A **professional training program** on dry needling **accredited** by Commission on Accreditation in Physical Therapy Education (**CAPTE**) that requires each trainee to demonstrate cognitive and psychomotor knowledge and skills, attended in person (not online or self study); or
 - **Graduate or higher level coursework** in **CAPTE-approved** educational program that included dry needling in the curriculum
 - PT who performs dry needling shall be required to produce documentation of meeting requirements of this section immediately upon request by the board or an agent of the board

- Failure of PT to provide written documentation of meeting the training requirements shall be deemed prima facie evidence that the PT is not competent and not permitted to perform dry needling
3. **GEORGIA** – Ga Comp. R. & Regs. 490-9-.05
- PT must be licensed and specifically trained and competent in dry needling (online study not accepted)
 - PT must meet the following requirements to perform dry needling:
 - **Proof of education in OSHA Blood Borne Pathogens Standard and at least one of the following:**
 - Graduation from entry-level PT program that included a **minimum of 50 hours** dry needling instruction with **competency assessment** and achievement in its curriculum;
 - Graduation from a post-graduate credentialed residency or fellowship that included a **minimum of 50 hours** dry needling instruction with **competency assessment** and achievement in its curriculum; or
 - Documented successful completion of an instructive dry needling course consisting of a **minimum of 50 hours** dry needling instruction with **competency assessment** and achievement in its curriculum
 - GA also added a provision for PT's already using dry needling in clinical practice, which gave them one year and 3 months to meet the above criteria
4. **KENTUCKY** – KRS 327.070(2)
- Dry needling is not prohibited, but PT must be competent to perform procedures or be subject to discipline
 - No training standards noted
5. **LOUISIANA** – La. Admin. Code. tit. 46, pt. LIV, § 311
- **Prior to undertaking dry needling education and training**, PT shall have **no less than 2 years experience working as a licensed PT**
 - **Prior to utilizing dry needling techniques**, PT must provide documentation to the executive director that a **board-approved course** of study consisting of **no less than 50 hours** face-to-face instruction has been completed (online study not accepted)
 - In order to obtain board approval for courses of instruction, instructors must have no less than 2 years experience utilizing such techniques
 - Instructor does not have to be a PT, but should be licensed or certified as a healthcare provider in the state of their residence
6. **MISSISSIPPI** – Miss. Admin. Code 30-27-3101:1.3
- PT must have **documented successful completion of dry needling course of study** (not online)
 - **Minimum 50 hours** face-to-face instruction
 - **3 years of practice as a licensed PT** prior to using dry needling technique
 - PT must have board approved credentials for providing dry needling which are **on file with the board office** prior to using the treatment technique
 - The provider of the required education course does not need to be a PT

- Course of study must meet the educational and clinical requirements as defined
 - Provider must also demonstrate a minimum of 2 years dry needling practice techniques (NOTE: the language is somewhat unclear, but this appears to be the substance of the regulation.)
7. **NEBRASKA** - unable to find regulation (info obtained from Appendix B of FSBPT Dry Needling Resource Paper 4th Ed., July 2013)
- PT must meet the following requirements:
 - Complete pre-service or in-service training. The pre-service or in-service training must include:
 - Pertinent anatomy and physiology
 - Choice and operation of supplies and equipment
 - Knowledge of technique including indications and contraindications
 - Proper technique of tissue penetration
 - Sterile methods, including understanding of hazards and complications
 - Post intervention care; and
 - Documentation of application of technique in an educational environment
 - The training program shall require training to demonstrate cognitive and psychomotor skills and must be attended in person by the physical therapist
 - Maintain documentation of successful completion of training.
8. **NORTH CAROLINA** – unable to find regulation (info obtained from Appendix B of FSBPT Dry Needling Resource Paper 4th Ed., July 2013)
- PT must complete dry needling course at a **program approved by the Board** with a **minimum of 54 hours of classroom education**, which must also include instruction in the clinical application of dry needling
 - Not in the scope of work for PT assistants or PT aides
9. **OHIO**
- Nothing in the Ohio Physical Therapy Practice Act prohibits a PT from performing dry needling techniques
 - PT must have training and demonstrate competency, but manner in which this is done is not addressed in the Practice Act
 - PT Board recommends ohiopt.org for approved courses
10. **VIRGINIA** – Guidance Document 112-9 (Board of PT Guidance on Dry Needling in practice of PT)
- “Dry needling is an advanced procedure that requires additional training.”
 - PT must complete 54 hours of post professional training, which includes a demonstrations of cognitive and psychomotor knowledge and skills
 - The licensed PT bears the burden of proof of sufficient education and training
 - Dry needling is an invasive procedure that requires referral and direction (§54.1-3482 Code of VA) in writing and specific for dry needling
11. **UTAH** – U.C.A. 1953 § 58-24b-505 (and Proposed Rule UT ADC R156-24b-505)

- Licensed PT who has actively practiced PT for 2 years; and
- Successful completion of a course on dry needling that:
 - Is approved by the division; and
 - Includes at least **300 total hours**, including at least:
 - **54 hours of in person instruction**; and
 - **250 supervised patient treatment sessions**
- **Files a certificate** of completion of the above described course with the division
- **Registers with the division** as a trigger point dry needling practitioner
- Meets any other requirement to practice dry needling established by the division