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Written Testimony Re: SB 363
Senate Public Health and Welfare Committee
Presented by Ronald R. Hein
on behalf of
Kansas Physical Therapy Association
February 3, 2016

Attached to this cover sheet is a compilation of testimonials regarding Physical Therapist treatment modalities threatened by the provisions of SB 363 without an exemption for Physical Therapists operating within their scope of practice.

1/28/2016

To Whom It May Concern:

It is with great disappointment to learn that a new licensure bill is being introduced that could limit my Physical Therapist's use of dry needling into the Kansas legislative session.

Please let me explain why this is the biggest mistake for patient care. As a nurse AND a patient my Physical Therapist has been the biggest advocate and healer for me. When I came to him completely dysfunctional stricken with migraines that left me near bed ridden after being a completely functional normal person I was at a loss. He listened to me, he spent time with me, advocated for me and has been a healer. He didn't try to shove medication down me or just pass me off to the next provider on the list which is what I had been experiencing. I had been taking all kinds of medication, been through multiple unnecessary scans and exposed to radiation, been through many painful nerve block procedures, etc.

My Physical Therapist suggested dry needling in combination with my physical therapy. I was so broken I was willing to try anything. After just one session I noticed a difference. He was so well skilled and I trust him that it allowed me to embrace this process. I honestly think he knows more than my primary care doctor. He knows every bit of anatomy and knows how the body works. After several sessions my migraines became manageable and I was functional. I have back what I never thought I could get.

It is so critical that Physical Therapists are allowed to practice and provide dry needling to their patients. They are able to spend the time and know the human body at an expert level more than any primary care provider or doctor who cycles patients in and out on a 10 min overbooked appointment schedule. This is well within their scope of practice and should not require an additional license to take care of their patients who need them and they are already caring for.

My Physical Therapist advocated for me, and now it is time to advocate for them to continue to take care of us.

Sincerely,

Amy Belton

Amy Belton, MSN, MBA, RN, CPN
Children's Mercy Hospital
Nursing Program Coordinator, Patient Centered Medical Home
NCQA Certified Content Expert
NPEC Co-Chair
Magnet Ambassador
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Dear Sir or Madam,

It has recently been brought to my attention that a bill has been brought before the Kansas legislature which would limit the practice of "dry needling, trigger point therapy, and intramuscular therapy" to those who have an acupuncture license, and would specifically exclude physical therapists. As a medical student and future physician, as well as someone who has received trigger point therapy from a physical therapist in the state of Kansas, I find this concerning for several reasons.

My personal experience began approximately five years ago when I was experiencing pain in my left hip, leg, and lower back when doing something as simple as walking. After consulting with a doctor and a physical therapist at the student clinic at the Universty of Kansas, I began seeing Andrew Dischinger, a licensed physical therapist, in Kansas City. He quickly determined that the root cause of my pain was my tensor fasciae latae muscle, as well as general immobility problems in my hips and legs.

Over the next year and a half I went to see Drew once or twice a week. He had me do various exercises and stretches, as well as doing manual trigger point therapy (with has hands and elbows) and dry needling trigger point therapy. These therapies were always accompanied by stretches and exercises. Gradually my injury healed and my pain went away and I was able to resume my normal life. I found the trigger point therapy very helpful to locate the exact source of my pain and injury and for stimulating the specific muscles involved.

My interest in this is also professional. I am currently a second year medical student at Tulane University in New Orleans. I am also enrolled in the Master's of Public Health program at Tulane. I make it a point to stay informed about the field of health care and all the options available. It disturbs me that acupuncture would be given legitimacy over physical therapy.

Acupuncture is not science and it is not evidence based. The origins of its practice are based on concepts of "chi (qi)" and "meridians". Scientific research has found no evidence of the existence of either of these. They should be thought of as nothing more than superstitions. Although some modern practitioners have abandoned these concepts in attempt to legitimize what they do, the fact is that their practice remains rooted in these traditions, and what they do amounts to nothing more than pseudoscience.

Physical therapy, on the other hand, derives from modern scientific principles. It developed in an effort to treat polio victims, who suffered disabilities as a result of the disease, and injured soldiers. The first school of Physical Therapy was established by the United States Army. It has always been based on research and evidence. Physical therapists work in hospitals alongside doctors and nurses. Furthermore, physical therapy education is very similar to a medical education and requires detailed knowledge of anatomy, physiology, neuroanatomy and neurophysiology, biochemistry, and in general the foundations of modern medicine.

Trigger point therapy does have some basis in science and modern medicine, and it is this basis that forms the foundation for its inclusion in physical therapy. It is currently an active topic of research, and you can find articles about it in peer-reviewed physical therapy journals.

Simply put, the notion that an acupuncturist would be more qualified to perform this procedure than a physical therapist is illogical. This strikes me as an attempt to safeguard a market and monopolize a practice for personal and financial gain rather than an attempt to do what is best for patients and ensure quality. It makes much more sense to entrust this practice to physical therapists than it does to entrust it to acupuncturists.

Please feel free to contact me if you have any questions about my statement. Thank you.

Joseph Loring
Tulane University School of Medicine
Class of 2018

After surgery to repair a labrum tear in my hip about 3 years ago, I began Physical Therapy (PT). Initially the focus was rehabbing the immediate area impacted by surgery. Once it was stabilized, PT has been focused on relieving improving problems caused by years of compensating for a weak hip. I've learned that healing is an ongoing process.

PT allows me to return to activities I was unsure I could again do pain free. During surgery rehab, I was on crutches for several months and eventually developed limited movement in my arm/shoulder. The condition was very painful and limited my activities. Initially I saw an orthopedic who diagnosed it as a 'frozen' shoulder and said I had to live with it.

After discussing it with my PT, he recommended a treatment plan of Dry Needling in conjunction with deep tissue work and exercises. Today, I typically maintain a full range of motion, which I attribute to the ongoing treatment regimen. I can't imagine receiving Dry Needling from anyone but a professional who is trained in musculoskeletal anatomy and dysfunction the PT and has been an instrumental in guiding my ongoing recovery.

Dry Needling has been effective for my occasional lower back and hip discomfort as well as when my shoulder flares up. Again, I would only trust a licensed PT with whom I've worked to administer Dry Needling.

Joyce Pack

January 29,2016

To Whom It May Concern

Regarding: 2016 Kansas Legislative Session licensure bill for dry needling as it pertains to physical therapists

I was diagnosed 10 years ago with Degenerative Joint Disease in my Cervical Spine. My symptoms are very tight, painful muscles from the right side of my neck, across my shoulder into the upper arm , across my upper back and around the scapula. The left side also has tight muscles and pain but not as significant as the right. Over the 10 years I have utilized the following treatments:

5 different physical therapy sessions
Cervical Injections
Tens Unit
Cervical traction
Deep Tissue Therapeutic Massage
Functional Dry Needling

In February 2014 after 2 1/2 months of physical therapy, my therapist recommended Functional Dry Needling which could be done by another physical therapist in the practice who had taken and completed the required classes to perform this procedure. Initially, I saw her every week but as I improved, we were able to spread the treatments farther apart and now I continue with the dry needling every 5 weeks. Although I still have the pain, it has greatly improved with the dry needling. I still utilize some of the other treatment options listed above but feel the dry needling has been beneficial to the decreased pain that I have today and my ability to live a more comfortable life. I am not pain free but the pain is manageable and I attribute that to my physical therapists dry needling knowledge and skill combined with her physical therapy knowledge of musculoskeletal anatomy and how to help her patients overcome their muscular dysfunction.

As a Registered Nurse for 45 years, I am well aware of the need to be compliant with a successful therapy and therapist who provide a competent level of skills and knowledge in her treatment of patients. The Functional Dry Needling that physical therapists can utilize after successful completion of the required course is an added benefit to their ability to provide the best care possible for their patients. I do not feel licensure would be needed for them because this is an addition to their education as physical therapists that is used only in that practice.

Linda E. Mann, RN
24543 W. 110th St.
Olathe, Ks. 66061

28 January 2016

It is critical that our Physical Therapist be able to perform dry needling along with other appropriate therapy prescribed an injury. Continuity of treatment is critical.

My son has greatly benefitted from dry needling on several occasions. This has ranged from treatment of pain in his toe to a more serious injury of tendinosis in his knee. He was able to receive dry needling along with therapy from his Physical Therapist. To limit a Physical Therapist's ability to perform dry needling along with standard physical therapy (appropriate manual PT and exercises) would slow and possibly hamper recovery and would quite possibly raise our costs. I would not feel comfortable having any other profession perform dry needling on myself or my son because a Physical Therapist understands musculoskeletal anatomy and dysfunction.

Regards,

Linda C. Owens

Linda C Owens
Senior Director
Quintiles Phase I Clinical Research

6923 Deer Ridge Drive
Shawnee, KS 66226

January 28, 2016

To Whom it May Concern:

As a lifelong endurance athlete who has struggled with the muscular issues that most endurance athletes do, dry needling has been instrumental in keeping me going.

Example:
Due to excessive time on my bike, the muscles in my neck seized up in 2015. Dry needling was the only modality that brought relief and did so within 1 treatment.

There are several important factors to note here:

1. I would not trust just anyone with this - I had dry needling done specifically by a Physical Therapist because I know the rigors of their education.
2. I needed to find a provider who could not just bring immediate relief to my neck but also help me treat the underlying causes of my pain. This is where having a Physical Therapist who could Dry Needle as part of a comprehensive treatment plan was invaluable to me.

I coach endurance athletes and have sent many of them to treatment with Physical Therapists who use Dry Needling as part of a comprehensive treatment plan. These athletes receive care for their immediate discomfort and, because they are being treated by a Physical Therapist, they are also able to address the underlying root causes of their problem.

I can not overstate the effectiveness of using Dry Needling as part of the Physical Therapy both myself and my athletes have received for endurance sport injuries.

Sincerely,

Elizabeth Weidling
Head Triathlon Coach
Sports Massage Therapist
913-406-6377
7900 Aberdeen PV, KS 66208

To whom it may concern,

I am writing in support of Physical Therapists being able to continue to offer dry needling to their clients.

I am a Dermatologist specializing in skin cancer surgery who is an avid long-distance runner (four half-marathons, Spring 2015 and four more planned this year).

Consequently, I have had challenges with maintaining flexibility and avoiding soreness in my legs, back, and shoulders despite a combination of physical therapy, stretching, massages, chiropractic manipulations, Pilates, and Yoga.

This past Fall I had about half-a-dozen dry needling sessions provided by a Physical Therapist, Kiley Green.

I was impressed with her background and skill, which enabled her to understand and address the anatomic and physiological issues involved in the areas she treated on my back, shoulder, hips and legs.

After each session, I had dramatic improvement in my range of motion and endurance with benefits extending for months afterwards.

On November 1, I ran the full New York City Marathon (26.2 miles) and was surprised at the lack of any significant musculoskeletal issue during and after the race—an outcome that I attribute in large measure to the dry needling intervention.

Furthermore, these sessions have continued to have a positive impact in my life both at home and at work.

In summary, dry needling has surpassed my expectations as an adjunct to other, more "traditional" interventions, and I would encourage you to keep this modality available in Physical Therapy offices for the benefit of the community.

Sincerely,

Jacques Michael Casparian, M.D.
Board Certified in Internal Medicine, Nephrology and Dermatology

January 30, 2016

My name is Nancie Dischinger, I am 60 year old woman who has greatly benefited from receiving dry needling from my Physical Therapist.

Since childhood I have had problems with my knees dislocating. I had surgery as a teenager on one of my knees but still my mobility and strength overtime had decreased. One thing lead to another and slowly my hips and feet started feeling the effects from years of limited movement and function. I have had various PT treatments throughout the years but not until I started receiving dry needling on my knees hips and feet did I finally get the responses I needed to have full function, like I did 20 years ago. Walking down stairs especially was difficult and now I am steady and strong. Along with the dry needling my PT would follow up with manual message and exercise to further engage those weak and inactive muscles.

Recently I injured my shoulder and I was on the edge of requiring rotator cuff surgery. My arm was weak and in pain. Once again dry needling brought relief and almost immediately strengthened my arm/shoulder and increased my range of motion. Again, under the watchful eye of my physical therapist the needling treatment was followed up with manual work and exercise. I am so thankful for this procedure being available by my physical therapist who understands the cause of my muscular dysfunction and is bringing me to a place of functioning once again!

Nancie Dischinger

Nancie Dischinger (grandmother of 10)
13029 El Monte
Leawood, Kansas 66209

There is a reason why physical therapists have so much education and training. My physical therapist, Drew Dischinger, owner and CEO of Sport + Spine, first administered dry needling five months ago for my severe neck pain. I truthfully have never felt such instant relief. That is, after he finished the somewhat painful procedure, I felt relief. It doesn't matter because I walked out of his clinic and was able to turn my head for the first time in two years. My condition is chronic, so I continue needling, but only as needed.

I researched extensively about Drew before I let just anyone stick needles around my spine. For me, my physical therapist better have a doctorate, which he does. The truth is, though, even without a doctorate, the physical therapists at Sport + Spine are excellent and have extensive training. I trust them all. Check out their website.

Since 2005, i have volunteered in Asia, and I usually make two trips a year. Therefore, over the last two years while in China, Thailand and Nepal, I have tried every eastern alternative treatment imaginable for pain. I thought I had temporary relief from acupuncture, but I finally realized that it was just fun to try what I call "woo woo" treatments. My pain returned immediately.

Dry needling is a western and scientific procedure. Like I said, it is temporarily uncomfortable, but it is over quickly, and it is all worth it. After two years of limited mobility, I was lucky enough that someone referred me to Drew Dischinger, and I am truly back to a normal life. My awakening was when I saw friends at a Christmas party last month, and they didn't even mention my neck. For the last two years, it seems that everyone hovered over me like I was an invalid.

Shari Mayer
54 Janssen Place
Kansa City, Missouri

Let me show you what lead me to Sport + Spine and physical therapy:

March 5, 2014 - Kenya - hit rut in road and jarred my neck. Was sent to lodge with ice. Had trouble turning head rest of week.
Once back in K.C., straight to chiropractor. Only Increased pain
March 2014 - In Kansas City I contacted my internist and decided on physical therapy at clinic five minutes from my home. Also, he recommended pain clinic.
March, 2014 - Physical therapy in Kansas City, Missouri. 12 sessions stretching, no relief. Finally only heat and cut down on stretches because severe pain. Said that he called in colleagues and explained my symptoms. Could not find an answer. No relief but decided that we continue stretching therapy.
Spring 2014 - Appointment with my otologist He recommended neurosurgeon. Surgeon said pinched nerve and that atrophy had set in on right bicep. Possible surgery
2014 - In severe pain. My internist was not available to discuss pain seriously. I had no consistent pain management, and one of the nurses said over the phone that I should go to the ER because my internist wasn't available.

Spring 2014 - Appointment with orthopedic surgeon. He ordered MRI and said bone spurs or bulging disc. Suggested ablation.
Spring 2014 - Appointment with another neurosurgeon. He refuted what other neurosurgeon said. He did not believe it was a pinched nerve. Then I saw nurse practitioner twice. Maybe joint 1cervical. Suggested another CT scan of skull. Possibly occipital nerve. Said she saw nothing remarkable and no reason for my pain, but said that I should go back to pain clinic.
I then returned to pain clinic. He suggested that I go back to a neurologist. Unbelievable. Complete run around. Disillusioned with all of them...
Summer 2014 - Visited neurosurgeon again. He suggested a different pain clinic.
Pain clinic - Started with topical analgesic. No relief. Two injections and one epidural. No relief. Script hydrocodone 350/3 twice daily. By afternoon, pain continued. Spent much time flat on my back with heating pad. Began canceling social outings 50% of the time.
May 2014 - trip to St. Louis to visit my son. Pain so noticeable that my son said I should go to Mayo Clinic. My family started rallying behind me because the pain stopped me in my tracks.
Fall 2014 - Back to pain clinic and began a variety of pain medications. Medications masked the problem. I was still in severe pain. Every time I turned my head, I had a sharp and shooting pain up the right side of my neck. At that point, my mobility was severely limited.
Psychiatrist said that medications prescribed were a dangerous mixture
The cycle continued for two years until I found an excellent physical therapist.

So, this is my personal success story with Drew Dischinger at Sport+Spine! If someone out there has pain, please try dry needling. I can recommend it with confidence, but make sure you go to a licensed physical therapist.

As we know, Shari has been fighting neck and back pain for over two years. She has seen two orthopedic surgeons, two neurosurgeons, pain clinics with two blocks and an epidural, chiropractors and other physical therapists. No pain relief, and no consensus by the doctors on how to fix her problems. She also had a CT scan and MRI, Nothing definitive was concluded. Fortunately, she found sport + spine and Drew Dischinger. He was able to administer dry needling as well as spinal manipulation, and the results have been remarkable. While she still has more work to do with a prescribed exercise program, she has returned to almost normal functioning and the pain level has subsided significantly.

Bob Mayer

January 28, 2016

To Whom It May Concern,

Simply put Dry Needling is the only thing that kept me on the road running. It sped up my recovery period in between marathons and race events allowing me to complete several challenges in 2015.

- Dopey Challenge- **48.6 miles in 4 days**
- Little Rock Marathon- **26.2 miles**
- Heartland 39.3- **39.3 miles in 3 weeks**
- Hospital Hill Re-Run – **5k & ½ marathon on back to back days- 16.2 miles in 2 days**
- Lee's Summit half- **13.1 miles**
- Dumbo Double Dare- **22.4 miles over 3 days**
- I-35 challenge- KC Marathon and Des Moines Marathon on back to back days- **52.4 miles in 2 days**
- Longview half and Pilgrim Pacer full on back to back days- **39.3 miles in 2 days**
- Back 2 Back challenge- Mississippi Blues Marathon and 1st Light Marathon- **52.4 miles in 2 days**

8 marathons in less than one year and 5 marathons in a 2.5 month span. Crazy...yes but not possible without the use of dry needling to help recovery. I have a couple of muscles (calf in particular) that will not respond to any other treatment. Foam rolling, stretching, hard roller, massage....nothing works but one dry needling session and everything is back to normal.

Regular dry needling mixed with PT and stretching has allowed me the freedom to run 2,200 miles last year. I would have spent significant time on the shelf without it

Sincerely,

Bill Stogsdill
Director of Public Works
City of Fairway, KS