

**PROPOSED REGULATION OF THE
STATE BOARD OF PHYSICAL THERAPY EXAMINERS**

LCB FILE NO. R054-19I

**The following document is the initial draft regulation proposed
by the agency submitted on 08/03/2019**

Proposed New Regulation related to Dry Needling

CHAPTER 640 - PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS

Dry Needling Definition (as in NRS 640):

Dry Needling

1. Means a skilled technique performed by a physical therapist using a single-use, single-insertion, sterile filiform needle, which is used to penetrate the skin or underlying tissue to effect change in body conditions, pain, movement, impairment and disability.
2. Does not include :(a)The stimulation of an auricular point; (b)The stimulation of sinus points or other nonlocal points to treat underlying organs; (c)Needle retention; or(d)The teaching or application of acupuncture.
3. A physical therapist who is qualified to perform dry needling pursuant to the regulations adopted in accordance with subsection 3 of NRS 640.050 shall not insert the same needle more than one time during the performance of dry needling.

Professional Standards of Care, Training and Education Qualifications for Delivery of Dry Needling Skilled Intervention:

- A. A physical therapist shall meet the qualifications established in subsection (C) before providing the skilled intervention “dry needling”.
- B. Before engaging in dry needling, a physical therapist must submit documented proof of compliance with the qualifications listed in subsection (C) to the Board.

Note to LCB drafter: please give all current dry needling practitioners 30 days to submit information to the Board.

C. Course content that meets the didactic education and training qualifications for dry needling must include a total of 150 hours, of which 25 hours must be post graduate coursework as outlined below. Up to 125 hours may be obtained from coursework during a graduate program of study in physical therapy. Didactic education and training shall encompass each of the following:

1. The course content shall be approved by one or more of the following entities prior to the course(s) being completed by the physical therapist.
 - a. Commission on Accreditation In Physical Therapy Education (this includes graduate coursework while in a physical therapy graduate program),
 - b. American Physical Therapy Association,
 - c. The ACCC Committee of the Nevada Physical Therapy Board.
 2. The course content shall include the following components of education and training:
 - a. Sterile needle procedures to include one of the following standards:
 - i. The U.S. Centers For Disease Control And Prevention, or
 - ii. The U.S. Occupational Safety And Health Administration
 - b. Anatomical Review,
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- c. *Blood Borne Pathogens*
 - d. *Contraindications and indications for “dry needling”,*
 - E. *The course content required in subsection (C) of this Section pertaining to the minimum of 25 post graduate hours shall include, but is not limited to, passing of both a written examination and practical examination before completion of the course content. Practice application course content and examinations shall be done in person to meet the qualifications of the post graduate hours.*
 - F. *The standard of care for the intervention “dry needling” includes, but is not limited to the following:*
 - a. *Dry Needling shall be performed using a single-use, single-insertion sterile needle.*
 - b. *Dry Needling shall not include needle retention. The definition of needle retention is a needle being retained after the physical therapist is no longer working on that area of the body. Needles shall not be retained once an individual procedure is completed and must be disposed of appropriately at the end of each individual procedure.*
 - c. *“Dry needling” cannot be delegated to any assistive personnel, including physical therapist assistants, students of physical therapy or physical therapist technicians.*
 - d. *A physical therapist who performs “dry needling” shall obtain informed consent including written documentation from each patient who will receive “dry needling” before the physical therapist performs “dry needling” on that patient. The informed consent must be documented and shall include, at a minimum, a consent form that includes the following:*
 - i. *The patient’s signature;*
 - ii. *The risks and benefits of “dry needling”;*
 - iii. *Definition of “dry needling” and description of treatment*
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