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Sequence Number: 12-18-25
 Notice ID(s): 4208
 File Date: 12/12/2025

Notice of Rulemaking Hearing

Hearings will be conducted in the manner prescribed by the Uniform Administrative Procedures Act, T.C.A. § 4-5-204. For questions and copies of the notice, contact the person listed below.

Agency/Board/Commission:	Board of Athletic Trainers
Division:	
Contact Person:	Michael Varnell, Associate Counsel Grayson Carter, Assistant Commissioner for Legislative Affairs
Address:	665 Mainstream Drive, Nashville, TN 37243 710 James Robertson Parkway, 5th Floor, Nashville, TN 37243
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Email:	Michael.Varnell@tn.gov Grayson.Carter@tn.gov

Any Individuals with disabilities who wish to participate in these proceedings (to review these filings) and may require aid to facilitate such participation should contact the following at least 10 days prior to the hearing:

ADA Contact:	ADA Coordinator
Address:	710 James Robertson Parkway Andrew Johnson Building, 5 th Floor, Nashville, Tennessee 37243
Phone:	(615) 253-5604
Email:	Kelly.Swindell@tn.gov

Hearing Location(s) (for additional locations, copy and paste table)

Address 1:	Metro Center
Address 2:	665 Mainstream Drive, Iris Conference Room
City:	Nashville, Tennessee
Zip:	37243
Hearing Date:	02/03/2026
Hearing Time:	9:00 A.M. <input checked="" type="checkbox"/> _X_ CST/CDT <input type="checkbox"/> __ EST/EDT

Additional Hearing Information:

Join from the webinar link:
<https://tn.webex.com/tn/j.php?MTID=md10908d4e1f9ad298195468926a26031>

Join by the webinar number: Webinar number (access code): 2305 416 2560

Webinar password: MrS2n9GiHW3 (67726944 when dialing from a phone or video system)

Revision Type (check all that apply):

Amendment

New

Repeal

Rule(s) (**ALL** chapters and rules contained in filing must be listed here. If needed, copy and paste additional tables to accommodate multiple chapters. Please make sure that **ALL** new rule and repealed rule numbers are listed in the chart below. Please enter only **ONE** Rule Number/Rule Title per row)

Chapter Number	Chapter Title
0150-01	General Rules and Regulations Governing the Practice of Athletic Trainers
Rule Number	Rule Title
0150-01-.21	Dry Needling

Chapter 0150-01
General Rules and Regulations Governing the Practice of Athletic Trainers

New

Rule 0150-01-.21 Dry Needling is a new rule.

0150-01-.21 Dry Needling.

- (1) In order to perform dry needling, an athletic trainer must obtain all of the educational instruction described in sub paragraphs (2)(a) and (2)(b) herein. All such educational instruction must be obtained in person and may not be obtained online or through video conferencing.
- (2) Mandatory Training – Before performing dry needling, a practitioner must complete educational requirements in each of the following areas:
 - (a) Fifty (50) hours of instruction, to include instruction in each of the four (4) areas listed herein:
 1. Musculoskeletal and Neuromuscular systems;
 2. Anatomical basis of pain mechanisms, chronic pain, and referral pain;
 3. Trigger Points; and
 4. Universal Precautions;
 - (b) Twenty-four (24) hours of dry needling specific instruction. The twenty-four (24) hours must include instruction in each of the following six (6) areas:
 1. Dry needling technique;
 2. Dry needling indications and contraindications;
 3. Documentation of dry needling;
 4. Management of adverse effects;
 5. Practical psychomotor competency; and
 6. Occupational Safety and Health Administration's Bloodborne Pathogens Protocol.
 - (c) Each instructional course shall specify what anatomical regions are covered by the course and describe whether the course includes introductory or advanced instruction in dry needling.
 - (d) Each course must be approved by the Board.
- (3) A newly licensed athletic trainer shall not practice dry needling for at least one (1) year from the date of initial licensure, unless he/she can demonstrate compliance with paragraph (2) upon his/her initial application.
- (4) Any athletic trainer who obtained the requisite twenty-four (24) hours of instruction as described in subparagraph (2)(b) in another state or country must provide the same documentation to the Board, as described in subparagraph (2)(b), that is required of a course provider.
- (5) An athletic trainer practicing dry needling must supply written documentation, upon request by the Board, that substantiates appropriate training as required by this rule.
- (6) All patients receiving dry needling shall be provided with information from the patient's athletic trainer that includes a definition and description of the practice of dry needling and a description of the risks, benefits, and potential side effects of dry needling.

Authority: T.C.A. § 63-24-111.

I certify that the information included in this filing is an accurate and complete representation of the intent and scope of rulemaking proposed by the agency.

Date: 12/12/2025

Signature: W. Michael Varnell

Name of Officer: Michael Varnell

Title of Officer: Associate Counsel, Department of Health

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Filed with the Department of State on: 12/12/2025


Tre Hargett
Secretary of State

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Dec 12 2025, 2:13 pm

Secretary of State
Division of Publications

**RULES
OF
THE TENNESSEE BOARD OF ATHLETIC TRAINERS**

**CHAPTER 0150-01
GENERAL RULES AND REGULATIONS GOVERNING
THE PRACTICE OF ATHLETIC TRAINERS**

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0150-01-.21 DRY NEEDLING.

- (1) In order to perform dry needling, an athletic trainer must obtain all of the educational instruction described in paragraphs (2)(a) and (2)(b) herein. All such educational instruction must be obtained in person and may not be obtained online or through video conferencing.
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