

RULE 1150-02-.21 DRY NEEDLING TO THE UPPER LIMB

1. In order to perform dry needling, an occupational therapist 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.
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, which are generally satisfied during the normal course of study in occupational therapy school or continuing education from a Board approved continuing education provider
 1. Musculoskeletal and Neuromuscular systems;
 2. Anatomical basis of pain mechanisms, chronic pain, and referred pain;
 3. Trigger Points, and
 4. Universal Precautions
 - (b) Twenty-four (24) hours of dry needling that includes specific instruction to the upper limb defined as hand, wrist, elbow, and shoulder girdle.
 1. The twenty-four (24) hours must include instruction in each of the following six (6) areas:
 - (i) Dry needling technique;
 - (ii) Dry needling indications and contraindications
 - (iii) Documentation of dry needling;
 - (iv) Management of adverse effects;

(v) Practical psychomotor competency; and

(vi) Occupational Safety and Health Administration's Bloodborne Pathogens Protocol.

2. Each instructional course shall specify what anatomical regions are included in the instruction and describe whether the course offers introductory or advanced instruction in dry needling.
3. Each course must be pre-approved or approved by the Board or its consultant, or the Board may delegate the approval process to recognized health-related organizations or accredited occupational therapy educational institutions.

(c) A newly licensed occupational therapist shall not practice dry needling to the upper limb for at least one (1) year from the date of initial licensure unless the practitioner can demonstrate compliance with paragraph (2) through his or her pre-licensure educational coursework.

3. Any occupational therapist who obtained the requisite twenty-four (24) hours of instruction as described in paragraph (2)(b) in another state or country must provide the same documentation to the Board, as described in paragraph (2)(b), that is required of a course provider. The Board or its consultant must approve the practitioner's dry needling coursework before the therapist can practice dry needling in this state.
4. Dry needling to the upper limb may only be performed by a licensed occupational therapist and may not be delegated to an occupational therapy assistant or support personnel.
5. An occupational therapist practicing dry needling to the upper limb must supply written documentation, upon request by the Board, that substantiates appropriate training as required by this rule.
6. All occupational therapy patients receiving dry needling to the upper limb shall be provided with information from the patient's occupational therapist 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.