

## **Intramuscular Dry Needling Manual Therapy Regulations**

The practice guidelines for *Intramuscular Dry Needling Manual Therapy* were revised and became effective on November 25, 2019. These regulations are found in Part 3103, Rule 3.3 (A-K):

- A. Intramuscular dry needling manual therapy is a physical intervention that uses a filiform needle no larger than 25 gauge needle to stimulate trigger points, diagnose and treat neuromuscular pain and functional movement deficits; is based upon Western medical concepts; requires an examination and diagnosis, and treats specific anatomic entities selected according to physical signs. Intramuscular dry needling manual therapy does not include the stimulation of auricular or distal points or any points based upon areas of Eastern (Oriental) medicine and acupuncture.
- B. Intramuscular dry needling manual therapy as defined pursuant to this rule is within the scope of practice of physical therapy.
- C. A physical therapist must have the knowledge, skill, ability, and documented competency to perform an act that is within the physical therapist's scope of practice.
- D. To be deemed competent to perform intramuscular dry needling manual therapy a physical therapist must meet the following requirements:
  - 1. Documented successful completion of a intramuscular dry needling manual therapy course of study; online study is not considered appropriate training to attain the necessary skills to perform intramuscular dry needling manual therapy.
    - a. A minimum of 50 hours of face-to-face intramuscular dry needling manual therapy course study must be successfully completed within twelve (12) months. A physical therapist who does not complete the course of study within twelve (12) months after beginning the course of study must begin anew.

The Board may grant a one-time extension for the completion of the course of study required by this Rule upon presentation of satisfactory evidence that the physical therapist is unable to complete the required course of study within the time prescribed because of illness, injury, disability, military service, or other documented good cause. A request for an extension of time must be made in writing and filed with the Board no later than thirty (30) calendar days before the expiration of the Board approved twelve (12) month course of study. The extension shall be for no more than six (6) months from the date the Board approves the extension.
    - b. During the 12-month certification process of intramuscular dry needling manual therapy practice of the dry needling skills learned as part of the course curriculum will be permitted to the specific areas and musculature prior to the completion of the 50 hours of required training provided that compensation will not be sought and the physical therapists will not bill for dry needling services until the completion of the 50 hours of training has been fulfilled.
    - c. The Mississippi State Board of Physical Therapy's website will reflect the names of the therapists that are Board approved to provide intramuscular dry needling manual therapy.
  - 2. The physical therapist must have Board approved credentials for providing intramuscular dry needling manual therapy which are on file with the Board office prior to using the treatment technique.
- E. The provider/educator/instructor of the required intramuscular dry needling manual therapy educational course does not need to be a physical therapist. The instructor of the intramuscular dry needling manual therapy course of study must meet the educational and clinical prerequisites as defined in this rule, D(1)(a)&(b) and demonstrate a minimum of two years of intramuscular dry needling manual therapy practice techniques.

- F. A physical therapist performing intramuscular dry needling manual therapy in his/her practice must have written informed consent for each patient where this technique is used. The patient must sign and receive a copy of the informed consent form. The consent form must, at a minimum, clearly state the following information:
  - 1. Risks and benefits of intramuscular dry needling manual therapy.
  - 2. Physical therapist's level of education and training in intramuscular dry needling manual therapy.
  - 3. The physical therapist will not stimulate any distal or auricular points during intramuscular dry needling manual therapy.
- G. When intramuscular dry needling manual therapy is performed, this must be clearly documented in the procedure notes and must indicate how the patient tolerated the technique as well as the outcome after the procedure.
- H. Intramuscular dry needling manual therapy shall not be delegated and must be directly performed by a qualified, licensed physical therapist.
- I. Intramuscular dry needling manual therapy must be performed in a manner consistent with generally accepted standards of practice, including but not limited to, aseptic techniques and standards of the center for communicable diseases.
- J. Failure to provide written documentation of appropriate educational credentials is a violation of this rule, and is prima facie evidence that the physical therapist is not competent and not permitted to perform intramuscular dry needling manual therapy.
- K. This rule is intended to regulate and clarify the scope of practice for the physical therapist.

Source: *Miss. Code Ann.* §§73-23-33 and 73-23-43 (Rev. 2008).