

Maryland Dry Needling Check List

1. I am licensed and practicing PT for 2 years.
 - a. Yes
 - i. Move to question #2
 - b. No
 - i. You **MUST** be licensed for 2 years before you can needle (if you meet requirements below)

2. Are the courses you have taken approved through APTA, APTA MD, FSBPT (ProCert)®, EdD/ED/EEPPPP?
 - a. Yes...move to question #3
 - b. Not sure
 - a. Go to FSBPT's [aPTitude](#) website and check
 - c. No
 - a. Your hours will not count toward the 80 required hours until they are approved through 1 of the 3 entities

3. How many total hours of face to face dry needling time do you currently have?
 - a. 80+ hours
 - i. You need to get the breakdown of the course content to ensure that there are at least 40 hours of theoretical information on DN
 - (a) Theory and application of dry needling;
 - (b) Dry needling technique, including spine and extremities;
 - (c) Dry needling indications and contraindications;
 - (d) Infection control, the Occupational Safety and Health Administration's Bloodborne Pathogen Protocol, and safe handling of needles;
 - (e) Emergency preparedness and response procedures related to complications associated with dry needling; and
 - (f) Appropriate documentation of dry needling;*****Note just because a course is 80 hours or more does NOT mean it has 40 hours of theoretical information**
 - ii. If 80+ hours, your course likely has 40 hours of supervised practical hands-on instruction, but this needs to be confirmed as well.
 1. Your instructor must meet certain requirements also:
 - a. Completed the requisite course work under §A(1) of this regulation
 - b. Practiced dry needling for at least 5 years.
 - iii. Courses must also have an assessment of competency
 - b. 12-79 hours

- i. You need to find out how many hours of theoretical information on DN each of your courses have.
 - (a) Theory and application of dry needling;
 - (b) Dry needling technique, including spine and extremities;
 - (c) Dry needling indications and contraindications;
 - (d) Infection control, the Occupational Safety and Health Administration's Bloodborne Pathogen Protocol, and safe handling of needles;
 - (e) Emergency preparedness and response procedures related to complications associated with dry needling; and
 - (f) Appropriate documentation of dry needling;

****based on the amount of theoretical hours you currently have, you will then need to get additional hours to comprise a total of 40 hours of theory on the above**
 - ii. You need to find out how many practical hours are in each of your classes.
 1. If you have less than 40 practical hours you will need to get those remaining hours
 - iii. Courses must have an assessment of competency
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4. If your dry needling course also had an online module, it will count towards the 40 hours of theoretical information ONLY if:
 - a. In real time through electronic means that allow for simultaneous interaction between the instructor and the participants.
 - i. Example: It is a webinar with the presenter speaking live as he/she goes through a power point (or some style presentation) who is available during and at the end of the presentation for questions
 1. It must meet criteria 3b (a-f) above
 - ii. Example: It is a pre-recorded presentation being played to a group on an online platform with an instructor available to answer questions during and at the end of the presentation
 1. It must meet criteria 3b (a-f) above
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5. If your dry needling course also had an online module it will NOT count towards the 40 hours if:
 - a. It was downloaded to your computer to watch on your available time
 - i. This does not count since it is not in real time through electronic means that allow for simultaneous interaction between the instructor and the participants.
 - b. It was played as a webinar but there was no instructor available during and immediately after that time for questions and answers
 - i. This does not count since it is not in real time through electronic means that allow for simultaneous interaction between the instructor and the participants.
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6. You **MUST** register with the board as a PT who performs dry needling
 - a. Submit a completed application on a form supplied by the Board
 - b. Pay a registration fee as established by COMAR 10.38.07.
 - c. DO NOT wait until your next license renewal!!
 - d. [Register](#)