

“Dry needling” is a pseudonym for acupuncture that has been adopted by physical therapists, chiropractors, and other health providers who lack the legal ability to practice acupuncture within their scope of practice. This strategy allows these groups to skirt safety, testing, and certification standards put into place for the practice of acupuncture.”

American Society of Acupuncturists
Dry Needling Position Statement

DRY NEEDLING | The Basics

The practice of acupuncture includes any insertion of a filiform needle for a therapeutic purpose. “Dry Needling”(DN) is indistinguishable from acupuncture since it uses the same FDA-regulated, Class II medical device specifically defined as an “acupuncture needle,” treats the same anatomical points, and is intended to achieve the same therapeutic purposes as acupuncture.

CERTIFICATION & TRAINING

Licensed Acupuncturist (L.Ac)	Medical Physician (MD, DO)	Chiropractic Physician (DC)	Other (Cert.DN)
STANDARDIZED TRAINING			
YES	YES	YES	NO
ACUPUNCTURE SPECIFIC TRAINING			
1365 Hours	300 Hours	100 Hours	0-27 Hours
SUPERVISED CLINICAL TRAINING			
660 Hours	100 Hours	0 Hours	0 Hours
MINNESOTA ACUPUNCTURE (DN) EDUCATION REQUIREMENTS			
Minimum of 2500 Hours 3-5 year Graduate Level Education	0 Hours	100 Hours	0 Hours
MEDICAL & SAFETY COMPETENCY EXAMINATIONS			
YES Includes Clinical Application of Acupuncture & Biomedical Sciences	YES	YES	NO
Continuing Education Requirements			
60 Units	0 Units	2 Units	0 Units



DRY NEEDLING | Safety Concerns

The **National Institute of Health** warns that **use of FILIFORM needles** in treatment “**can cause serious adverse effects**, including infections, punctured organs, collapsed lungs, and injury to the central nervous system.”

Recent reports of serious and potentially life-threatening injuries associated with “dry needling” include pneumothoraxes (lung puncture) and spinal cord injury. These and other injuries support the statement that “dry needling” presents a substantial threat to public safety when performed without adequate education, training, and independent competency examination.

DRY NEEDLING | Insurance Fraud

Many Minnesota providers are committing insurance fraud by offering “dry needling” as a billable service under the procedure codes, “manual therapy” or “unlisted”. Dry needling is an invasive procedure using a FDA approved, Class II medical device to pierce the skin and mechanically stimulate soft tissue. **Report this unlawful action and seek care from DN experts, Licensed Acupuncturists.**

**If you are or have recently received “Dry Needling”
that was BILLED to your insurance,
IMMEDIATELY REPORT THIS ILLEGAL VIOLATION
to your insurance company.**

REPORT POSSIBLE INSURANCE FRAUD

AETNA	1-800-338-6361	
BLUE CROSS BLUE SHIELD of MINNESOTA:	1-800-382-2000, x28363	ReportFraud@bluecrossmn.com
MEDICA	1-866-821-1311	
MEDICARE	1-800-633-4227	
UNITED HEALTHCARE	1-844-359-7736	File a Report Online
OTHER	Call the 800 number on your insurance card	

DRY NEEDLING | Expert Opinions

“Lax regulation and nonexistent standards surround this invasive practice. For patients' safety, practitioners should meet standards required for licensed acupuncturists and physicians.”

AMA Board Member, Russell W. H. Kridel, M.D.

“All health care providers without acupuncture formally included in their state practice act should be prohibited from the practice of acupuncture, described as “dry needling,” unless their practice act is legally expanded to include the practice of acupuncture and provide the same level of clinical and classroom training required for the licensure of acupuncturists.”

ASA Chair, David Miller, M.D., L.Ac

“The American Academy of Physical Medicine and Rehabilitation recognizes dry needling as an invasive procedure using acupuncture needles that has associated medical risks. Therefore, the AAPMR maintains that this procedure should only be performed by practitioners with standard training and familiarity with routine use of needles in their practice, such as licensed acupuncturists or licensed medical physicians.”

American Academy of Physical Medicine and Rehabilitation