



State of Idaho
Division of Occupational and Professional Licenses
Physical Therapy Licensure Board

BRAD LITTLE
Governor
RUSSELL BARRON
Administrator

11341 W Chinden Blvd.
P.O. Box 83720
Boise, ID 83720-0063
(208) 334-3233
dopl.idaho.gov

DRY NEEDLING GUIDANCE DOCUMENT

Training and Education

1. At least one (1) year of practice as a licensed physical therapist.
2. Successful completion of a course that is a minimum of twenty-seven (27) hours of in-person instruction of which no less than sixteen (16) hours must be hands-on application of dry needling techniques by the physical therapist.

Course Recommendation

The course should:

1. Be taught by a qualified instructor as shown by education and experience.
2. Include instruction and training on indications/contraindications for dry needling, safe needling technique, and blood borne pathogens.
3. Require successful completion of an assessment of proficiency in dry needling, which includes a practical demonstration of the physical therapist's dry needling skills.

For more information regarding the competencies recommended by the Board to safely practice dry needling see Appendix C and D of the Federation of State Boards of Physical Therapy [Dry Needling Practice Analysis 2020 Memo_FINAL](#)