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DRY NEEDLING GUIDANCE DOCUMENT

54-2225. PRACTICE OF DRY NEEDLING.

(1) A physical therapist may perform dry needling, as defined in section 54-2203, Idaho Code, if the physical therapist has successfully completed minimum education and training requirements from a course in dry needling as determined and approved by the board.

The board views adequate training to perform dry needling to consist of the following:

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.

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](#)