

CERTIFICATION OF ENROLLMENT  
**SECOND SUBSTITUTE HOUSE BILL 1039**

Chapter 198, Laws of 2023

68th Legislature  
2023 Regular Session

PHYSICAL THERAPISTS—INTRAMUSCULAR NEEDLING

EFFECTIVE DATE: July 23, 2023

Passed by the House April 13, 2023  
Yeas 96 Nays 1

LAURIE JINKINS

**Speaker of the House of  
Representatives**

Passed by the Senate April 6, 2023  
Yeas 47 Nays 0

DENNY HECK

**President of the Senate**

Approved May 1, 2023 2:47 PM

JAY INSLEE

**Governor of the State of Washington**

CERTIFICATE

I, Bernard Dean, Chief Clerk of the House of Representatives of the State of Washington, do hereby certify that the attached is **SECOND SUBSTITUTE HOUSE BILL 1039** as passed by the House of Representatives and the Senate on the dates hereon set forth.

BERNARD DEAN

**Chief Clerk**

FILED

May 2, 2023

**Secretary of State  
State of Washington**

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SECOND SUBSTITUTE HOUSE BILL 1039

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AS AMENDED BY THE SENATE

Passed Legislature - 2023 Regular Session

**State of Washington**                      **68th Legislature**                      **2023 Regular Session**

**By** House Appropriations (originally sponsored by Representatives Macri, Harris, Corry, Duerr, Riccelli, Chambers, Goodman, Reed, Fitzgibbon, Pollet, Ryu, Paul, Thai, Springer, Stonier, Kloba, Santos, and Ormsby)

READ FIRST TIME 02/13/23.

1            AN ACT Relating to physical therapists performing intramuscular  
2 needling; amending RCW 18.74.010; and adding a new section to chapter  
3 18.74 RCW.

4 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF WASHINGTON:

5            **Sec. 1.** RCW 18.74.010 and 2018 c 222 s 1 are each amended to  
6 read as follows:

7            The definitions in this section apply throughout this chapter  
8 unless the context clearly requires otherwise.

9            (1) "Authorized health care practitioner" means and includes  
10 licensed physicians, osteopathic physicians, chiropractors,  
11 naturopaths, podiatric physicians and surgeons, dentists, and  
12 advanced registered nurse practitioners: PROVIDED, HOWEVER, That  
13 nothing herein shall be construed as altering the scope of practice  
14 of such practitioners as defined in their respective licensure laws.

15            (2) "Board" means the board of physical therapy created by RCW  
16 18.74.020.

17            (3) "Close supervision" means that the supervisor has personally  
18 diagnosed the condition to be treated and has personally authorized  
19 the procedures to be performed. The supervisor is continuously on-  
20 site and physically present in the operatory while the procedures are

1 performed and capable of responding immediately in the event of an  
2 emergency.

3 (4) "Department" means the department of health.

4 (5) "Direct supervision" means the supervisor must (a) be  
5 continuously on-site and present in the department or facility where  
6 the person being supervised is performing services; (b) be  
7 immediately available to assist the person being supervised in the  
8 services being performed; and (c) maintain continued involvement in  
9 appropriate aspects of each treatment session in which a component of  
10 treatment is delegated to assistive personnel or is required to be  
11 directly supervised under RCW 18.74.190.

12 (6) "Indirect supervision" means the supervisor is not on the  
13 premises, but has given either written or oral instructions for  
14 treatment of the patient and the patient has been examined by the  
15 physical therapist at such time as acceptable health care practice  
16 requires and consistent with the particular delegated health care  
17 task.

18 (7) "Physical therapist" means a person who meets all the  
19 requirements of this chapter and is licensed in this state to  
20 practice physical therapy.

21 (8)(a) "Physical therapist assistant" means a person who meets  
22 all the requirements of this chapter and is licensed as a physical  
23 therapist assistant and who performs physical therapy procedures and  
24 related tasks that have been selected and delegated only by the  
25 supervising physical therapist. However, a physical therapist may not  
26 delegate sharp debridement to a physical therapist assistant.

27 (b) "Physical therapy aide" means an unlicensed person who  
28 receives ongoing on-the-job training and assists a physical therapist  
29 or physical therapist assistant in providing physical therapy patient  
30 care and who does not meet the definition of a physical therapist,  
31 physical therapist assistant, or other assistive personnel. A  
32 physical therapy aide may directly assist in the implementation of  
33 therapeutic interventions, but may not alter or modify the plan of  
34 therapeutic interventions and may not perform any procedure or task  
35 which only a physical therapist may perform under this chapter.

36 (c) "Other assistive personnel" means other trained or educated  
37 health care personnel, not defined in (a) or (b) of this subsection,  
38 who perform specific designated tasks that are related to physical  
39 therapy and within their license, scope of practice, or formal  
40 education, under the supervision of a physical therapist, including

1 but not limited to licensed massage therapists, athletic trainers,  
2 and exercise physiologists. At the direction of the supervising  
3 physical therapist, and if properly credentialed and not prohibited  
4 by any other law, other assistive personnel may be identified by the  
5 title specific to their license, training, or education.

6 (9) "Physical therapy" means the care and services provided by or  
7 under the direction and supervision of a physical therapist licensed  
8 by the state. Except as provided in RCW 18.74.190, the use of  
9 Roentgen rays and radium for diagnostic and therapeutic purposes, the  
10 use of electricity for surgical purposes, including cauterization,  
11 and the use of spinal manipulation, or manipulative mobilization of  
12 the spine and its immediate articulations, are not included under the  
13 term "physical therapy" as used in this chapter.

14 (10) "Practice of physical therapy" is based on movement science  
15 and means:

16 (a) Examining, evaluating, and testing individuals with  
17 mechanical, physiological, and developmental impairments, functional  
18 limitations in movement, and disability or other health and movement-  
19 related conditions in order to determine a diagnosis, prognosis, plan  
20 of therapeutic intervention, and to assess and document the ongoing  
21 effects of intervention;

22 (b) Alleviating impairments and functional limitations in  
23 movement by designing, implementing, and modifying therapeutic  
24 interventions that include therapeutic exercise; functional training  
25 related to balance, posture, and movement to facilitate self-care and  
26 reintegration into home, community, or work; manual therapy including  
27 soft tissue and joint mobilization and manipulation; therapeutic  
28 massage; assistive, adaptive, protective, and devices related to  
29 postural control and mobility except as restricted by (c) of this  
30 subsection; airway clearance techniques; physical agents or  
31 modalities; mechanical and electrotherapeutic modalities; and  
32 patient-related instruction;

33 (c) Training for, and the evaluation of, the function of a  
34 patient wearing an orthosis or prosthesis as defined in RCW  
35 18.200.010. Physical therapists may provide those direct-formed and  
36 prefabricated upper limb, knee, and ankle-foot orthoses, but not  
37 fracture orthoses except those for hand, wrist, ankle, and foot  
38 fractures, and assistive technology devices specified in RCW  
39 18.200.010 as exemptions from the defined scope of licensed orthotic  
40 and prosthetic services. It is the intent of the legislature that the

1 unregulated devices specified in RCW 18.200.010 are in the public  
2 domain to the extent that they may be provided in common with  
3 individuals or other health providers, whether unregulated or  
4 regulated under this title, without regard to any scope of practice;

5 (d) Performing wound care services that are limited to sharp  
6 debridement, debridement with other agents, dry dressings, wet  
7 dressings, topical agents including enzymes, hydrotherapy, electrical  
8 stimulation, ultrasound, and other similar treatments. Physical  
9 therapists may not delegate sharp debridement. A physical therapist  
10 may perform wound care services only by referral from or after  
11 consultation with an authorized health care practitioner;

12 (e) Performing intramuscular needling;

13 (f) Reducing the risk of injury, impairment, functional  
14 limitation, and disability related to movement, including the  
15 promotion and maintenance of fitness, health, and quality of life in  
16 all age populations; and

17 ~~((f))~~ (g) Engaging in administration, consultation, education,  
18 and research.

19 (11) "Secretary" means the secretary of health.

20 (12) "Sharp debridement" means the removal of devitalized tissue  
21 from a wound with scissors, scalpel, and tweezers without anesthesia.  
22 "Sharp debridement" does not mean surgical debridement. A physical  
23 therapist may perform sharp debridement, to include the use of a  
24 scalpel, only upon showing evidence of adequate education and  
25 training as established by rule. Until the rules are established, but  
26 no later than July 1, 2006, physical therapists licensed under this  
27 chapter who perform sharp debridement as of July 24, 2005, shall  
28 submit to the secretary an affidavit that includes evidence of  
29 adequate education and training in sharp debridement, including the  
30 use of a scalpel.

31 (13) "Spinal manipulation" includes spinal manipulation, spinal  
32 manipulative therapy, high velocity thrust maneuvers, and grade five  
33 mobilization of the spine and its immediate articulations.

34 (14) "Intramuscular needling," also known as "dry needling,"  
35 means a skilled intervention that uses a single use, sterile filiform  
36 needle to penetrate the skin and stimulate underlying myofascial  
37 trigger points and connective and muscular tissues for the evaluation  
38 and management of neuromusculoskeletal pain and movement impairments.  
39 Intramuscular needling requires an examination and diagnosis.

1 Intramuscular needling does not include needle retention without  
2 stimulation or the stimulation of auricular and distal points.

3 (15) Words importing the masculine gender may be applied to  
4 females.

5 NEW SECTION. **Sec. 2.** A new section is added to chapter 18.74  
6 RCW to read as follows:

7 (1) Subject to the limitations of this section, a physical  
8 therapist may perform intramuscular needling only after being issued  
9 an intramuscular needling endorsement by the secretary. The  
10 secretary, upon approval by the board, shall issue an endorsement to  
11 a physical therapist who has at least one year of postgraduate  
12 practice experience that averages at least 36 hours a week and  
13 consists of direct patient care and who provides evidence in a manner  
14 acceptable to the board of a total of 325 hours of instruction and  
15 clinical experience that meet or exceed the following criteria:

16 (a) A total of 100 hours of didactic instruction in the following  
17 areas:

18 (i) Anatomy and physiology of the musculoskeletal and  
19 neuromuscular systems;

20 (ii) Anatomical basis of pain mechanisms, chronic pain, and  
21 referred pain;

22 (iii) Trigger point evaluation and management;

23 (iv) Universal precautions in avoiding contact with a patient's  
24 bodily fluids; and

25 (v) Preparedness and response to unexpected events including but  
26 not limited to injury to blood vessels, nerves, and organs, and  
27 psychological effects or complications.

28 (b) A total of 75 hours of in-person intramuscular needling  
29 instruction in the following areas:

30 (i) Intramuscular needling technique;

31 (ii) Intramuscular needling indications and contraindications;

32 (iii) Documentation and informed consent for intramuscular  
33 needling;

34 (iv) Management of adverse effects;

35 (v) Practical psychomotor competency; and

36 (vi) Occupational safety and health administration's bloodborne  
37 pathogens protocol.

38 (c) A successful clinical review of a minimum of 150 hours of at  
39 least 150 individual intramuscular needling treatment sessions by a

1 qualified provider. A physical therapist seeking endorsement must  
2 submit an affidavit to the department demonstrating successful  
3 completion of this clinical review.

4 (2) A qualified provider must be one of the following:

5 (a) A physician licensed under chapter 18.71 RCW; an osteopathic  
6 physician licensed under chapter 18.57 RCW; a licensed naturopath  
7 under chapter 18.36A RCW; a licensed acupuncture and Eastern medicine  
8 practitioner under chapter 18.06 RCW; or a licensed advanced  
9 registered nurse practitioner under chapter 18.79 RCW;

10 (b) A physical therapist credentialed to perform intramuscular  
11 needling in any branch of the United States armed forces;

12 (c) A licensed physical therapist who currently holds an  
13 intramuscular needling endorsement; or

14 (d) A licensed physical therapist who meets the requirements of  
15 the intramuscular needling endorsement.

16 (3) After receiving 100 hours of didactic instruction and 75  
17 hours of in-person intramuscular needling instruction, a physical  
18 therapist seeking endorsement has up to 18 months to complete a  
19 minimum of 150 treatment sessions for review.

20 (4) A physical therapist may not delegate intramuscular needling  
21 and must remain in constant attendance of the patient for the  
22 entirety of the procedure.

23 (5) A physical therapist can apply for endorsement before they  
24 have one year of clinical practice experience if they can meet the  
25 requirement of 100 hours of didactic instruction and 75 hours of in-  
26 person intramuscular needling instruction in subsection (1)(a)(i) and  
27 (ii) of this section through their prelicensure coursework and has  
28 completed all other requirements set forth in this chapter.

29 (6) If a physical therapist is intending to perform intramuscular  
30 needling on a patient who the physical therapist knows is being  
31 treated by an acupuncturist or acupuncture and Eastern medicine  
32 practitioner for the same diagnosis, the physical therapist shall  
33 make reasonable efforts to coordinate patient care with the  
34 acupuncturist or acupuncture and Eastern medicine practitioner to  
35 prevent conflict or duplication of services.

36 (7) All patients receiving intramuscular needling from a physical  
37 therapist must sign an informed consent form that includes:

38 (a) The definition of intramuscular needling;

39 (b) A description of the risks of intramuscular needling;

40 (c) A description of the benefits of intramuscular needling;

1 (d) A description of the potential side effects of intramuscular  
2 needling; and

3 (e) A statement clearly differentiating the procedure from the  
4 practice of acupuncture.

5 (8) Intramuscular needling may not be administered as a stand-  
6 alone treatment within a physical therapy care plan.

Passed by the House April 13, 2023.

Passed by the Senate April 6, 2023.

Approved by the Governor May 1, 2023.

Filed in Office of Secretary of State May 2, 2023.

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