



NCBPTE Updates

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#3 | October 2023

THE NORTH CAROLINA BOARD OF PHYSICAL THERAPY EXAMINERS

PTBoard@NCPTBoard.org



Regulatory Spotlight

Dry Needling - NEW Position Statement



The Board continues to regularly respond to questions concerning the physical therapy practice of dry needling in NC. Currently, four different dry needling scope of practice questions are addressed on the Board website, including questions of whether perineural and connective tissue dry needling are within the scope of practice, hours of training required to perform dry needling, and the use of musculoskeletal ultrasound to guide needle placement when performing dry needling. The Board also defined “advanced training” in response to public questions concerning dry needling.

In previous responses to scope of practice questions surrounding dry needling, the Board referenced dry needling as defined in the [2016 NCBPTE Declaratory Ruling \(20-21\)](#) and subsequently in the [NC Supreme Court Case brought by the Acupuncture Board \(8\)](#). In both references, dry needling is defined as “a treatment that uses physical or rehabilitative procedures, with assistive devices, for the purpose of correcting or alleviating myofascial pain, a physical disability.”

Therefore, any utilization of dry needling techniques that satisfy the foregoing language is within the scope of physical therapy practice in NC.

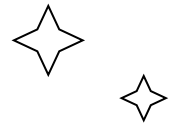
At its Board meeting on March 9, 2022, the Board determined that perineural dry needling extends beyond the current definition of dry needling thereby is not within the scope of physical therapy practice in NC.

Moreover, the Board previously determined that dry needling, while within the scope of practice of physical therapists in NC, is an advanced skill which requires “[advanced training](#)” as defined on the Board website.

The Board carefully reviewed a variety of the available literature, including FSBPT and APTA dry needling resources; held discussions with subject matter experts which includes but is not limited to regulators in other jurisdictions and physical therapists who practice dry needling; consulted with educational institutions, and researched dry needling certification requirements from course providers referenced in the *FSBPT Resource Paper Regarding Dry Needling 11th Edition*, December 2021, to develop principles that are strongly encouraged before engaging in the practice of dry needling by physical therapists in North Carolina.

[These principles](#), the recommended advanced training and resources, are on the Board website.

Did you know? It is your responsibility to notify the Board within 30 days of any changes in relevant contact information (name, home and/or business address, email, phone numbers) to ensure timely receipt of important correspondence related to licensure and physical therapy regulation in North Carolina (Board Rule: 21 NCAC 48F. 0105).



Renewal Reminders -- Get Ready!

North Carolina PT and PTA licenses must be renewed annually. Renewal for the upcoming license year (2024) will begin online November 1, 2023 and must be completed by Wednesday, January 31, 2024 (5 pm EST).

All **NEW** PTs and PTAs licensed in the current license year (February 1, 2023 - January 31, 2024) must also renew by Wednesday, January 31, 2024 (5 pm EST).

For the first renewal, NO continuing competence reporting is required.

All licensees are encouraged to finish the renewal process by January 15, 2024 to avoid potential issues.

Some things to do now:

- Check out features on your dashboard
- Confirm email address and personal information is current
- Add recently completed activity to your Continuing Competence Report

Consult the Board website for additional information on the continuing competence reporting requirements.

Notes on Continuing Competence

To renew a North Carolina PT or PTA license, NCBPTE rules require licensees to complete continuing competence activities for the appropriate reporting period.

New PT and PTA licensees in North Carolina are assigned to the continuing competence reporting period that begins January 1 following the date of first licensure.

Each PT licensee must accumulate 30 points and each PTA licensee must accumulate 20 points of approved continuing competence activities during the assigned reporting period to be eligible for license renewal. The points must include one mandatory point from a Jurisprudence Exercise.

Up to 10 extra points earned during one reporting period may be carried over to the next reporting period; however, extra points previously earned for the Jurisprudence Exercise, Clinical Practice and Self-Assessment categories may not be carried forward. A power point presentation explaining the process is available on the Board website under the Continuing Competence tab.

Did you know?

A list of NCBPTE approved courses for continuing competence activities is available on the Board website. APTA-NC also approves courses and providers in NC.

In general, any course approved by a chapter or section of APTA, FSBPT, IACET, or a state PT licensure board in the United States or Canada, is considered pre-approved in NC per Board rule 21 NCAC 48G .0108 (c).

Mark your calendar!

Thursday, October 26
6 - 7 pm (EST)

Live/Interactive Webinar on Continuing Competence by NCBPTE Deputy Directory, Ellen Roeber

Meeting link will be posted closer to the date. The event will be recorded for future viewing and will be available through licensee's dashboard.

Board office staff hours remain 7:30 am – 4 pm, Monday-Friday, to respond to calls and email inquiries. In-office appointments may be scheduled in advance, Tuesday through Thursday, 10 am – 2 pm by emailing PTBoard@NCPTBoard.org. Provide name, email address, best contact number, and a brief description of appointment needs.
