



## 104TH GENERAL ASSEMBLY

### State of Illinois

2025 and 2026

SB3560

Introduced 2/5/2026, by Sen. Michael E. Hastings

#### SYNOPSIS AS INTRODUCED:

225 ILCS 5/4.5  
225 ILCS 75/3.7  
225 ILCS 90/1.5

Amends the Illinois Athletic Trainers Practice Act, the Illinois Occupational Therapy Practice Act, and the Illinois Physical Therapy Act. In provisions concerning the use of dry needling, provides that "dry needling", also known as intramuscular therapy, means an advanced needling skill or technique limited to the treatment of myofascial pain, using a single use, single insertion, sterile filiform needle (rather than a single use, single insertion, sterile filiform needle without the use of heat, cold, or any other added modality or medication), that is inserted into the skin or underlying tissues to stimulate trigger points. Provides that "dry needling" does not include the teaching or application of acupuncture in accordance with traditional and modern practices of East Asian medical theory (rather than the teaching or application of acupuncture described by the stimulation of auricular points, utilization of distal points or non-local points, needle retention, application of retained electric stimulation leads, or other acupuncture theory).

LRB104 18054 AAS 31493 b

1 AN ACT concerning regulation.

2 **Be it enacted by the People of the State of Illinois,**  
3 **represented in the General Assembly:**

4 Section 5. The Illinois Athletic Trainers Practice Act is  
5 amended by changing Section 4.5 as follows:

6 (225 ILCS 5/4.5)

7 (Section scheduled to be repealed on January 1, 2031)

8 Sec. 4.5. Use of dry needling.

9 (a) For the purpose of this Act, "dry needling", also  
10 known as intramuscular therapy, means an advanced needling  
11 skill or technique limited to the treatment of myofascial  
12 pain, using a single use, single insertion, sterile filiform  
13 needle ~~(without the use of heat, cold, or any other added~~  
14 ~~modality or medication),~~ that is inserted into the skin or  
15 underlying tissues to stimulate trigger points. Dry needling  
16 may apply theory based only upon Western medical concepts,  
17 requires an examination and diagnosis, and treats specific  
18 anatomic entities selected according to physical signs. "Dry  
19 needling" does not include the teaching or application of  
20 acupuncture in accordance with traditional and modern  
21 practices of East Asian medical theory ~~described by the~~  
22 ~~stimulation of auricular points, utilization of distal points~~  
23 ~~or non-local points, needle retention, application of retained~~

1 ~~electric stimulation leads, or other acupuncture theory.~~

2 (b) An athletic trainer licensed under this Act may only  
3 perform dry needling after completion of requirements, as  
4 determined by the Department by rule, that meet or exceed the  
5 following: (1) 50 hours of instructional courses that include,  
6 but are not limited to, studies in the musculoskeletal and  
7 neuromuscular system, the anatomical basis of pain mechanisms,  
8 chronic pain, and referred pain, myofascial trigger point  
9 theory, and universal precautions; (2) completion of at least  
10 30 hours of didactic course work specific to dry needling; (3)  
11 successful completion of at least 54 practicum hours in dry  
12 needling course work; (4) completion of at least 200  
13 supervised patient treatment sessions; and (5) successful  
14 completion of a competency examination. Dry needling shall  
15 only be performed by a licensed athletic trainer upon  
16 referral.

17 (Source: P.A. 102-307, eff. 1-1-22.)

18 Section 10. The Illinois Occupational Therapy Practice Act  
19 is amended by changing Section 3.7 as follows:

20 (225 ILCS 75/3.7)

21 (Section scheduled to be repealed on January 1, 2029)

22 Sec. 3.7. Use of dry needling.

23 (a) For the purpose of this Act, "dry needling", also  
24 known as intramuscular therapy, means an advanced needling

1 skill or technique limited to the treatment of myofascial  
2 pain, using a single use, single insertion, sterile filiform  
3 needle ~~(without the use of heat, cold, or any other added~~  
4 ~~modality or medication),~~ that is inserted into the skin or  
5 underlying tissues to stimulate trigger points. Dry needling  
6 may apply theory based only upon Western medical concepts,  
7 requires an examination and diagnosis, and treats specific  
8 anatomic entities selected according to physical signs. "Dry  
9 needling" does not include the teaching or application of  
10 acupuncture in accordance with traditional and modern  
11 practices of East Asian medical theory ~~described by the~~  
12 ~~stimulation of auricular points, utilization of distal points~~  
13 ~~or non-local points, needle retention, application of retained~~  
14 ~~electric stimulation leads, or other acupuncture theory.~~

15 (b) An occupational therapist or occupational therapy  
16 assistant licensed under this Act may only perform dry  
17 needling after completion of requirements, as determined by  
18 the Department by rule, that meet or exceed the following: (1)  
19 50 hours of instructional courses that include, but are not  
20 limited to, studies in the musculoskeletal and neuromuscular  
21 system, the anatomical basis of pain mechanisms, chronic pain,  
22 and referred pain, myofascial trigger point theory, and  
23 universal precautions; (2) completion of at least 30 hours of  
24 didactic course work specific to dry needling; (3) successful  
25 completion of at least 54 practicum hours in dry needling  
26 course work; (4) completion of at least 200 supervised patient

1 treatment sessions; and (5) successful completion of a  
2 competency examination. Dry needling shall only be performed  
3 by a licensed occupational therapist or licensed occupational  
4 therapy assistant upon referral.

5 (Source: P.A. 102-307, eff. 1-1-22.)

6 Section 15. The Illinois Physical Therapy Act is amended  
7 by changing Section 1.5 as follows:

8 (225 ILCS 90/1.5)

9 (Section scheduled to be repealed on January 1, 2031)

10 Sec. 1.5. Dry needling.

11 (a) For the purpose of this Act, "dry needling", also  
12 known as intramuscular manual therapy, means an advanced  
13 needling skill or technique limited to the treatment of  
14 myofascial pain, using a single use, single insertion, sterile  
15 filiform needle ~~(without the use of heat, cold, or any other~~  
16 ~~added modality or medication)~~, that is inserted into the skin  
17 or underlying tissues to stimulate trigger points. Dry  
18 needling may apply theory based only upon Western medical  
19 concepts, requires an examination and diagnosis, and treats  
20 specific anatomic entities selected according to physical  
21 signs. Dry needling does not include the teaching or  
22 application of acupuncture in accordance with traditional and  
23 modern practices of East Asian medical theory ~~described by the~~  
24 ~~stimulation of auricular points, utilization of distal points~~

1 ~~or non-local points, needle retention, application of retained~~  
2 ~~electric stimulation leads, or other acupuncture theory.~~

3 (b) A physical therapist or physical therapist assistant  
4 licensed under this Act may only perform dry needling after  
5 completion of requirements, as determined by the Department by  
6 rule, that meet or exceed the following: (1) 50 hours of  
7 instructional courses that include, but are not limited to,  
8 studies in the musculoskeletal and neuromuscular system, the  
9 anatomical basis of pain mechanisms, chronic and referred  
10 pain, myofascial trigger point theory, and universal  
11 precautions; (2) completion of at least 30 hours of didactic  
12 course work specific to dry needling; (3) successful  
13 completion of at least 54 practicum hours in dry needling  
14 course work; (4) completion of at least 200 supervised patient  
15 treatment sessions; and (5) successful completion of a  
16 competency examination. Dry needling shall only be performed  
17 by a licensed physical therapist or licensed physical  
18 therapist assistant.

19 (c) (Blank).

20 (d) (Blank).

21 (e) (Blank).

22 (Source: P.A. 104-154, eff. 1-1-26.)