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STATE OF DELAWARE
**EXAMINING BOARD OF PHYSICAL THERAPISTS AND
ATHLETIC TRAINERS**

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IMPORTANT INFORMATION ABOUT CHANGES IN YOUR LICENSE LAW AND REGULATIONS

In 2014, the license law that governs the practice of physical therapy and athletic training in Delaware was changed to reflect current practices in these professions. Later, the Examining Board of Physical Therapists and Athletic Trainers updated its [Rules and Regulations](#) to implement the changes in the law and to clarify the rules for licensees and the general public.

The key changes are summarized below.

Dry Needling

The license law now defines “dry needling” and includes it in the definition of “practice of physical therapy” ([24 Del. C. § 2602, subsections \(6\) and \(10\) a.2](#)).

To practice dry needling, a physical therapist must:

- have two years of clinical experience treating patients
- complete at least 54 hours of specialized training within a two-year period
- obtain a physician’s referral specific for dry needling
- obtain written informed consent from the patient before performing dry needling
- perform dry needling only after examination and diagnosis

For complete details on the training and practice requirements for dry needling, see Section 15.4 of the Board’s [Rules and Regulations](#).

Telehealth

The license law now defines “telehealth” as the “use of electronic communications to provide and deliver a host of health-related information and health-care services, including physical therapy and athletic-training related information and services.”

During a telehealth session, the patient must be located in Delaware. To practice telehealth, a physical therapist, physical therapist assistant, or athletic trainer must

- hold an active Delaware license
- obtain written informed consent from the patient
- ensure that electronic communication is secure in order to keep the patient’s medical information confidential, as required by HIPAA and other applicable federal and state laws
- determine that telehealth is the appropriate level of care for the patient
- perform all evaluations (including initial evaluations, re-evaluations and scheduled discharges) face to face

For complete details on telehealth, including definitions and scope of practice, see Section 14.0 of the Board’s [Rules and Regulations](#).

Practice of Athletic Training and Referrals

The license law now states that “all treatment of athletic injuries requires a physician’s referral, except for minor sprains, strains, and contusions, first aid excluded.” In addition, an athletic trainer’s treatment of non-musculoskeletal athletic injuries is limited to on-site sanctioned scholastic, collegiate, professional, recreational, or amateur sports settings ([24 Del. C. § 2612 \(b\) \(1\)](#)).

Advanced Training Requirements

The Board’s Rules and Regulations now require advanced training for certain physical therapy and athletic training techniques, as follows.

- A licensee may administer asthma, anaphylaxis, glucagon medications on an **emergency** basis but only if he or she has the following training:
 - To administer asthma and anaphylaxis medications, the licensee must have first aid certification.
 - To administer glucagon, the licensee must complete the online course covering the emergency administration of glucagon provided by the American Diabetes Association or other Board-approved agency.
- A licensee may treat athletic injuries outside a clinical setting only if he or she has current CPR certification **and** one of these certifications:
 - APTA certification as a Sports Physical Therapy Specialist, **or**
 - NATA certification as an Athletic Trainer

For complete details on the advanced training requirements, see Section 15.0 of the Board’s [Rules and Regulations](#).

Criminal History Reports

Licensees who do not have fingerprints on file are required to submit their fingerprints and other necessary information in order to obtain a criminal background report no later than **January 1, 2016** ([24 Del. C. § 2606 \(e\)](#)). The Division of Professional Regulation has sent letters to the licensees who do not have fingerprints on file. However, 66% of those who were sent letters have not yet complied with the requirement. Final notices will be sent to these licensees.

If you received a letter but you have not yet submitted your fingerprints, submit your fingerprints following instructions in the letter. Please do not delay. If you do not comply by the deadline, you will be scheduled for a hearing that may result in revocation or suspension of your license. Any discipline against your license would be reported to the National Practitioner Databank.

Note! If your fingerprints are already on file, the Division did not send you any letters. It is *not* necessary to submit your fingerprints again, and you do *not* have to obtain a criminal background report.

Questions?

If you have questions about any of the new requirements, contact the Board office at (302) 744-4500 or customerservice.dpr@state.de.us.