

What Is Dry Needling?

Dry Needling is a specific treatment technique that uses a solid filament needle to treat muscle trigger points. A muscle trigger point is a highly localized, hyper-irritable spot in a palpable, taut band of skeletal muscle fibers.

These muscle trigger points play a role in producing and maintaining the pain cycle. These trigger points develop in muscle for various reasons including referred or local pain, inflammation, tissue injury or other causes.

The sites for needle insertion are located in specific myofascial trigger points in skeletal muscles. Trigger points are taut bands of impaired muscles which can be the root of pain and dysfunction.

How Does It Work?

The mechanical stimulation of the muscle produces a local twitch or rapid depolarization of muscle fibers. After this process the muscle activity dramatically reduces resulting in relaxation and decrease in pain and dysfunction. This decrease in pain is related to the removal of muscular compression on joint, nerve and vascular tissue.

Sometimes the insertion of the needle will also reproduce “referred pain” symptoms. This is often a positive sign confirming the trigger point as being the cause of the pain.

Does It Hurt?

Typically, patients will feel pain but it is short-lived. Generally, the level of pain does indicate the level of relief the patient will feel following treatment. If you do not feel it at all, it is not working.

Is It Safe?

We go to great lengths to ensure safety. Physical Therapists have all passed their certification exams, have an understanding of anatomy in excess. We use personal protective high-quality equipment, and have a very high standard of safety.

How Will I Feel After Treatment?

There may be soreness immediately after treatment in the area of the body that was treated, this is normal but does not always occur. The soreness may vary depending on the area of the body that was treated as well as varies person to person. Occasionally patients will experience some bruising with this soreness.



What Conditions Can It Help?

Dry Needling is helpful for many dysfunctions involving pain, restricted mobility, weakness, coordination, balance, and loss of function such as:

- Osteoarthritis of the Spine & Extremities
- Degenerative Disc/Joint Disease
- Low Back & Neck Pain, Whiplash
- Rotator Cuff problems, Frozen Shoulder
- Sciatica
- Carpal Tunnel Symptoms
- Headache, Temporomandibular Joint
- Plantar Fasciitis (heel spurs) & Achilles Tendonitis
- Pelvic Pain
- Restless Leg Syndrome
- Dizziness & Vertigo
- Tennis Elbow
- Myofascial Pain
- Post-Surgical Pain
- Non-Traumatic Tendonitis/Tenosynovitis
- Bursitis & Capsulitis
- Movement Disorders/Dysfunctions
- Athletic Injuries & Sports Performance
- Many other conditions

What will this Cost?

We will bill your insurance first but if the claim is for some reason denied the price is just

\$60

Amount of Sessions?

We average 2-3 sessions with one patient and will not use more than 5-6 needles except in rare circumstances. Our therapists like to wait at least 72 hours before needling the same area of the body. Treatments typically are performed 1-2 times/week with the goal of decreasing frequency, depending on patient response over the course of 1-2 months. Dry needling is most effective when incorporated with the specific stretches and exercises prescribed by your therapist.



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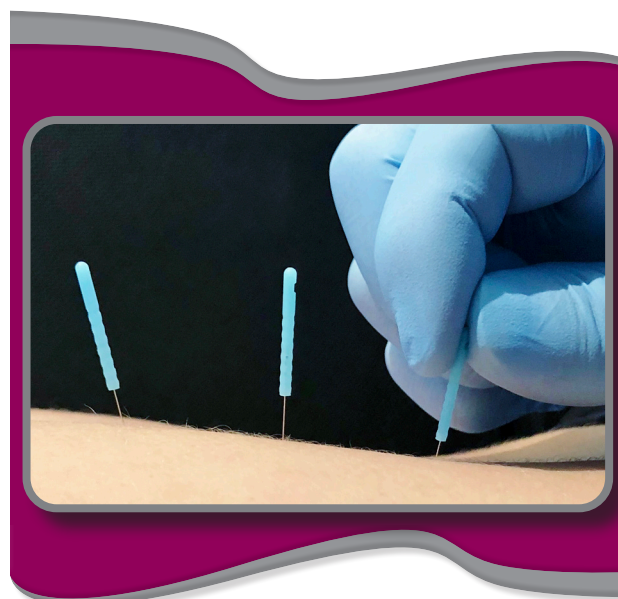
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DRY NEEDLING

For Patients & Families



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