



DRY NEEDLING

WHAT IS DRY NEEDLING?

Dry needling is an effective medical technique for reducing pain and stiffness associated with musculoskeletal problems by using very thin, dry needles. This technique is referred to as dry needling because there is no medication associated with the needles.

HOW DOES IT WORK?

Dry needling works by causing a change in the way the body senses and perceives pain. There are additional chemical changes leading to a decrease in pain and increase in blood flow which also helps the healing process and leads to relaxation of muscles.

WHAT CONDITIONS ARE TREATED WITH THIS TECHNIQUE?

- Neck and back pain
- Sciatica
- Headaches
- Rotator cuff injuries/tendinitis
- Shoulder impingement
- Carpal tunnel
- Foot pain / plantar fasciitis
- Muscle pulls and strains
- Hamstring pain
- Shin splints
- Knee pain
- Achilles tendon pain
- Hip flexor strains
- Tennis elbow



WHO IS A CANDIDATE FOR DRY NEEDLING?

Anyone with specific joint pain and/or muscle/tendon pain regardless how long the symptoms have been present.

WHY DRY NEEDLING?

Numerous research studies have determined that dry needling is an effective treatment for releasing muscle spasm and relieving pain. It is effective for both acute and chronic conditions, and is covered by most insurance companies.

HOW IS IT DIFFERENT FROM ACUPUNCTURE?

Acupuncture uses energy flow and often the needle is inserted to indirectly affect a different tissue. With dry needling the needle is directly inserted into the muscle we are trying to affect.

IS DRY NEEDLING DONE WITHOUT ADDITIONAL THERAPY?

This form of therapy is rarely a stand-alone procedure and should be part of a broader physical therapy approach.

HOW EFFECTIVE IS DRY NEEDLING?

Typically, positive results are apparent within 2-4 treatment sessions but can vary depending on the cause and duration of the symptoms, overall health of the patient, and experience level of the practitioner.