



FUNCTIONAL DRY NEEDLING

About

Dry Needling is a safe and simple therapy we use to treat pain and inflammation in the muscles and the tissue that covers the muscle (fascia). This type of therapy focuses on a trigger point or muscle with a "dry" needle, meaning nothing is injected in to the body, in order to decrease pain, tension, increase range of motion, and ultimately aid in the rehabilitation process. It is meant to be utilized with regular physical therapy treatment plan, not as a stand alone therapy.

Treatment

Our Physical Therapist conducts every dry needling treatment in house. After determining the treatment area, the needles are inserted in to the muscle to elicit a "twitch" response, which does exactly what it sounds like - causes the muscle to twitch. This causes a physiological response of events that leads to healing, decrease in inflammation and therefor, a decrease in pain! Although you may not feel much with the insertion of the needle, the twitch response can give the sensation of cramping or an electric shock.

Are You A Candidate?

There are a large variety of people that can benefit from Dry Needling. Those with:

- Acute/Chronic Injury
- Headaches
- Neck/Back Pain
- Tendonitis
- Plantar Fasciitis
- Sciatica
- Hip/Knee Pain
- Muscle Strain
- Fibromyalgia
- Tennis/Golf Elbow

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