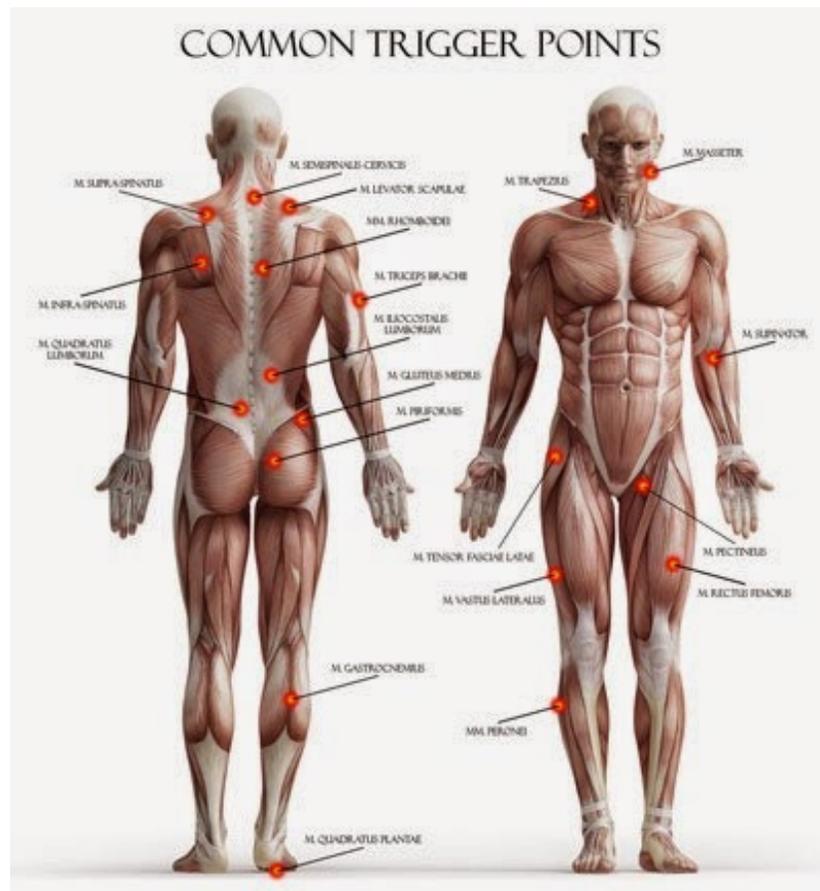


What is dry needling?

DRY NEEDLING:

Dry Needling is the use of a small thin filament needle to release trigger points or muscle tightness in an effort to restore muscle length, increase the range of motion, or decrease pain symptoms. The dry needle is placed by the clinician in an area of the muscle necessary for the procedure due to the presence of a trigger point, muscle tightness, pain symptoms or taut muscle band. Unlike a cortisone injection, there is nothing injected during this procedure.



TRIGGER POINT DRY NEEDLING VS

FUNCTIONAL DRY NEEDLING:

Muscle fibers can become bound together and “knotted” by taut fibers creating a trigger point. Trigger points are created due to unnecessary or overloading of the muscle tissue or muscle tearing as a result of increased demand. These points become tender/sore and sometimes painful. As a result of their presence in muscle tissue, the muscle length and force decrease over time causing dysfunctional movement patterns and compensations. This dysfunction can create chronic pain patterns, pain referrals, and muscle weaknesses. In order to relieve muscle tissue tension and decrease these dysfunctions, **Trigger Point Dry Needling** can be completed within the trigger point or specific muscle to promote muscle length and mobility by achieving a local twitch response from the muscle.

Functional Dry Needling is more about connecting the dots between **WHY** we develop trigger points and **HOW** to relieve the dysfunction at a neurophysiologic level. With this type of Dry Needling, more emphasis is placed on muscle recruitment and neurological health of the spine and descending nerves. An assessment is used to determine where the dysfunction is occurring in the body with a concurrent neurological examination to pinpoint what area of the spinal nerve(s) may be compensated. Often times trigger points are present within the dysfunctional muscles due to compensations along the nerve(s) pathway. These trigger points can be treated with Dry Needling, but additionally, the spinal level of the corresponding nerve is Dry Needled as well.

DRY NEEDLING VS ACUPUNCTURE

While both professions use small thin filament needles to complete their treatment strategies, the main difference is the knowledge base for the application of the needles. Physical Therapists use a variety of tests and measurements to analyze movement and dysfunction. Upon examination, Physical Therapists target muscle systems to restore function. The acupuncturist uses an array of knowledge and examinations of the body systems to analyze balance, energy, and qi. Needle insertion is used within meridians throughout the body to restore the balance of energy. Both professions use Dry Needling to help restore function and decrease dysfunction with the primary goal of helping the patient.

FAQ'S

DOES IT HURT? WILL I BE SORE?

The process of Dry Needling completed by a Physical Therapist is relatively pain-free. There may be occasional discomfort upon needle insertion/extraction, but no more than a pinprick. You may feel some mild muscle soreness, often described as the feeling post-exercise soreness. This soreness usually lasts no more than a day and can be reduced with stretching, massage and the application of heat.

WHAT DO I DO THE DAY OF OR THE DAYS FOLLOWING BEING DRY NEEDED?

Your Physical Therapist will give you a complete list of tasks to complete, but generally, it is best to stay moving and complete your corrective exercises. After Dry Needling, you will have new movements available, and it is best to use them, so be active! The least productive thing to do is to remain stationary at a desk or lay around the same day. Inactivity only encourages the dysfunction that we are trying to change!

IS THERE ANY BLEEDING INVOLVED?

Due to the fact that the needle itself is such a small gauge, the only bleeding that may occur is a small superficial bruise. With the vast knowledge of anatomy the Physical Therapist possesses, all major and minor vessels are not in danger of being punctured.

HOW OFTEN CAN I BE OR WILL I BE DRY NEEDED?

This depends on the findings of the Physical Therapists examination and your wanting/willingness to be Dry Needled. You will never be Dry Needled if you do not want to or if the findings suggest that another treatment will be more effective. You can, however, be Dry Needled as often as needed for functional outcomes and progress to occur. The frequency of visits and procedures will be discussed at each session with your Physical Therapist.