

Services

DRY NEEDLING



Dry needling is a technique physical therapists use to treat myofascial pain. The technique uses a “dry” needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points.

Dry needling is not acupuncture. Dry Needling treats soft tissue areas known as trigger points.

A trigger point is a taut band of skeletal muscle located within a larger muscle group. Trigger points can be tender to the touch, and touching a trigger point may cause pain to other parts of the body.

Dry needling involves a thin filiform needle that penetrates the skin and stimulates underlying myofascial trigger points and muscular and connective tissues. The needle allows a physical therapist to target tissues that are not manually palpable.

Physical therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain or improve range of motion..

Symptoms Dry Needling can address:

- Post traumatic injuries, MVA's, work related injuries
- Athletic overuse injuries
- Acute and Chronic tendonitis
- Chronic pain conditions
- Headaches and whiplash
- Lower back pain
- Frozen Shoulder
- Tennis Elbow
- Muscle Spasms
- Fibromyalgia
- Sciatic Pain
- Hip Pain
- Repetitive Strain Injuries
- TMJ dysfunction
- Plantar fasciitis
- Post surgical pain

Typically, it takes several visits for a positive reaction to take place. We are looking for a cumulative response to achieve a certain threshold after which the pain cycle is disturbed

Treatment packages for Dry Needling Only Patients:

Initial Evaluation, Treatment: \$100.00 Each additional dry needling session: \$70.00

Physical Therapy plus Dry Needling: (Requires a prescription from your physician for physical therapy with a diagnosis)