

# Dry Needling



## Why Dry Needling?

In cases when dry needling is used by physical therapists, it is typically one technique that's part of a larger treatment plan.

Physical therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain or improve range of motion. Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates — the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to active rehabilitation.

As part of their entry level education, physical therapists are well-educated in anatomy and therapeutic treatment of the body. Physical therapists who perform dry needling supplement that knowledge by obtaining specific postgraduate education and training. When contacting a physical therapist for dry needling treatment, be sure to ask about their specific experience and education.

Dry needling is a technique physical therapists use (where allowed by state law) for the treatment of pain and movement impairments. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle.

Other terms commonly used to describe dry needling, include trigger point dry needling, and intramuscular manual therapy.

Physical therapists use dry needling to release or inactivate trigger points to relieve pain or improve range of motion. Physical therapists may use dry needling as part of an overall treatment plan.

## Conditions that Benefit from Dry Needling

Dry needling may help a variety of musculoskeletal problems including, but not limited to:

- o Acute/chronic injuries
- o Headaches
- o Neck/back pain
- o Tendinitis
- o Muscle spasms
- o Shoulder pain
- o Hip/knee pain
- o Muscle strains
- o Tennis/golfer's elbow
- o Patellar femoral pain syndrome
- o Overuse injuries
- o Calf pain
- o Plantar fasciitis
- o And many more

## Benefits of Dry Needling

- Pain relief
- Increased circulation of blood flow
- Increased range of motion
- Increased strength and functionality of the muscle
- Return of proper biomechanics

## Cost

Dry needling is an elective procedure, so call your insurance company to verify what is covered. Dry needling is used in conjunction with other forms of physical therapy interventions that are typically covered by insurance.