

Understanding How Needle Therapies Work

The science behind dry needling, acupuncture, and electroacupuncture



Dry Needling

The Muscle "Reset"

Best For: Muscle knots, tight shoulders, back spasms, sports injuries

⚙️ How It Works:

- Forces knotted muscle to twitch and release
- Brings fresh blood to flush out acidic chemicals
- Clears inflammatory "soup" keeping muscles tight

What You'll Feel:

Quick muscle twitch or brief ache, then relief

Duration: 10-20 min



Sports Acupuncture

The Nervous System "Tune-Up"

Best For: General pain, sports injuries, stress, sleep issues, digestive problems

⚙️ How It Works:

- Crowds out pain signals to your brain
- Triggers release of natural painkillers (endorphins)
- Shifts from "stress mode" to "rest and heal mode"

What You'll Feel:

Dull, heavy, or tingling sensation; deeply relaxing

Duration: 20-30 min



Electroacupuncture

The "Power Boost"

Best For: Chronic pain, nerve problems, stubborn issues

⚙️ How It Works:

- Delivers stronger, more consistent signals
- Slow pulse = long-lasting relief
- Fast pulse = quick-acting relief
- Helps damaged nerves "wake up" and heal

What You'll Feel:

Rhythmic pulsing or tapping (you control intensity)

Duration: 20-40 min

Quick Comparison

Dry Needling

Target: Muscle knots

Main Effect: Releases muscles

Sensation: Twitch/ache

Time: 10-20 min

Sports Acupuncture

Target: Nervous system

Main Effect: Pain & stress relief

Sensation: Heavy/tingling

Time: 20-30 min

Electroacupuncture

Target: Nerves & brain

Main Effect: Amplified relief

Sensation: Rhythmic pulse

Time: 20-40 min

Why Needles Stay In

- ✓ Brain needs time to recognize the signal
- ✓ Body produces natural painkillers
- ✓ Nervous system recalibrates pain sensitivity
- ✓ Healing response completes

After Treatment

- ✓ Drink plenty of water
- ✓ Avoid intense exercise for 24 hours
- ✓ You may feel relaxed or tired
- ✓ Improvement builds over 24-48 hours

Safety & Comfort

- ✓ Needles thinner than a hair
- ✓ Sterile, single-use only
- ✓ Licensed practitioners
- ✓ You control the intensity

🎯 The Key Principle

All three techniques activate your body's natural healing systems. No medication is injected - the needles simply send signals that tell your body where to focus its repair efforts.