

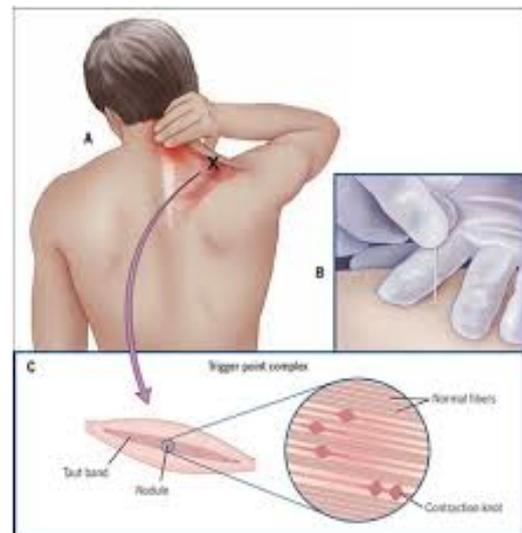


Functional Dry Needling

Cutting Edge Physical Therapy now offers Dry Needling sessions in our clinic. Dry Needling is an effective treatment for chronic pain (of neuropathic origin) with very few side effects. Our Dry Needling Trained physical therapists are committed to excellence and quality care for all patients.

What is Dry Needling?

Dry Needling involved the insertion of a thin filament needle to stimulate the healing process of soft tissue (muscle 'trigger points', fascia, tendons and ligaments, etc.). The result of Dry Needling is pain relief and restoration of healthy physiology.



What is a Trigger Point?

A 'trigger point' is a hyperirritable point in a muscle that is associated with a hypersensitive palpable nodule, or 'knot'. This area becomes painful at the site and can also 'radiate' in predictable patterns.

Does Dry Needling Hurt?

A healthy muscle feels very little discomfort with insertion of the filament. However, if the muscle is sensitive and shortened or has active trigger points within it, the patient may feel a sensation similar to a muscle cramp, (AKA, the 'twitch' response).

What is the difference between Dry Needling and Acupuncture?

The objectives and philosophy behind the use of Dry Needling by physical therapists is not based on ancient theories or tenets of traditional Chinese medicine. The performance of modern Dry Needling by physical therapists is based on Western Neuroanatomy and modern scientific study of the musculoskeletal and nervous systems.

Both Dry Needling and Acupuncture do, however, use the same tool: a solid filament needle.

Who can benefit from Dry Needling?

Almost anyone experiencing a variety of pain including, but not limited to:

- Acute/Chronic injuries
- TMJ
- Headaches
- Neck/Back pain
- Tendonitis
- Rotator Cuff injuries
- Muscle Spasms
- Sciatica
- Hip/Knee pain
- Muscle strains
- Muscle tears
- Fibromyalgia
- Piriformis Syndrome
- “Tennis/Golfer’s’ Elbow
- Overuse injuries

Are there any side effects to Dry Needling?

Side effects may vary among individuals. Typically, only mild muscle soreness or skin bruising.

For more information, check out the PDF pamphlet from the Journal of Orthopaedic and Sports Physical Therapy (JOSPT):
JOST Perspective for patients Dry Needling