

DRY NEEDLING

What is Dry Needling?

Dry Needling is a specific treatment technique that uses a solid filament needle to treat muscle trigger points which are creating pain and discomfort. A muscle trigger point is a highly localized, hyper irritable spot in a palpable, taut band of skeletal muscle fibers. These muscle trigger points, which are located throughout the human body, play a role in producing and sustaining feelings of pain and discomfort. Trigger points develop in muscle for various reasons including referred or local pain, inflammation, tissue injury or other causes. Studies from the United States have shown that trigger points were the primary source of pain in as many as 85% of pain-related appointments with a primary care doctor.



How Does Dry Needling Work?

The mechanical stimulation of the muscle produces a local twitch or rapid depolarization of muscle fibers. After this process the muscle activity dramatically reduces, resulting in relaxation and decrease in pain and dysfunction. This decrease in pain is related to the removal of muscular compression on joint, nerve and vascular tissue. Occasionally, insertion of the needle will also reproduce "referred pain" symptoms. This is often a positive sign confirming the trigger point as being the cause of the pain. It is theorized that Dry Needling also stimulates release of endogenous opioid, and initiates a "new healing process".

How is Dry Needling different from Acupuncture?

Dry Needling is based on traditional, studied and tested practices of Western Medicine to restore normal muscle function. Traditional acupuncture practitioners follow Eastern Medicine's key principle of holistic treatment, and base their practice on "normalizing the energy imbalance," or Chi, in the body to cure syndromes. Optimum Physio prescribes Dry Needling within medically proven and measurable parameters, in accordance with our advanced training in musculoskeletal function.

How will I feel after having treatment done?

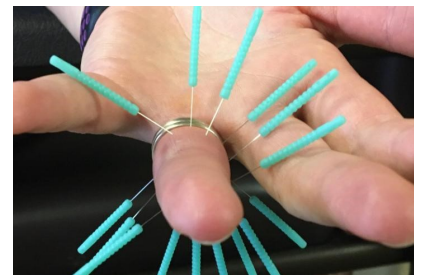
There may be some soreness immediately after treatment in the area of the body that was Dry Needled. This is normal, although does not always occur. Occasionally, soreness develops a few hours later, or even the next day. The soreness may vary depending on the area of the body that was treated, and also varies person-to-person, but typically it feels like you have had an intense workout at the gym. Occasionally patients will experience some bruising with this soreness. A patient may also feel tired, nauseous, emotional, and/or somewhat "out of it" after treatment. This is a normal response that only lasts an hour or two after treatment.

What conditions can be treated with Dry Needling?

Dry needling techniques can be used to address muscle spasm, tendonitis, headaches, chronic pain, scar restrictions, swelling and other conditions that cause pain and limited function.



Call Primary Therapy Source to see if dry needling is a technique that may be beneficial for you.



TWIN FALLS

BURLEY

JEROME