

DRY NEEDLING

WHAT IS A TRIGGER POINT?

A trigger point is a local contracture or tight band in a muscle fiber that can disrupt function, restrict range of motion, refer pain, or cause local tenderness.

WHAT IS TRIGGER POINT DRY NEEDLING?

Dry needling involves your chiropractor inserting tiny acupuncture needles into trigger points or specific structures with the goal of improving a musculoskeletal orthopedic condition.

THE BENEFITS



DECREASES
PAIN



IMPROVES RANGE
OF MOTION



IMPROVES MUSCLE
FUNCTION



STIMULATES
HEALING RESPONSE

IS THE PROCESS PAINFUL?

Most patients don't feel the insertion of the needle because it is very thin. A small muscle "twitch" will occur as muscles release tension; mild soreness following dry needling can last a few hours to a day.

WHY IS IT CALLED DRY NEEDLING?

"Wet" needling would involve injecting medication into the body. Dry needling does not use any form of medication and does not inject anything into the body.

WHAT IS THE DIFFERENCE BETWEEN ACUPUNCTURE AND DRY NEEDLING?

Trigger point dry needling is a more modern treatment applied to specific anatomical sites in order to create a physiological response, and sometimes with electrical stimulation applied for added effect. Acupuncture is based on the idea of balance and restoring proper flow of energy (known as "Qi") throughout the body, and is based on Traditional Chinese Medicine (TCM).