

## Dry Needling

Dry needling is a method using fine needles to directly target musculoskeletal conditions.

### How does Dry Needling work?

Upon insertion of the needle, it causes the muscle to involuntarily contract, fatiguing the muscle. It also triggers complex neural pathways to reset muscle tension and pain pathways associated with chronic pain and daily aches. In addition, dry needling also causes microtraumas directly to the area being targeted, accelerating the healing process.

Stimulating a trigger point with a needle helps draw normal blood supply back to flush out the area and release tension. The prick sensation can also fire off nerve fibers that stimulate your brain to release endorphins, your body's homemade pain medication.



Research shows dry needling can release your trigger points, which may help relieve your muscle pain and stiffness. Releasing your trigger points may also increase your flexibility and improve your range of motion.



### Clinically Proven Benefits

- Relieves pain
- Reduces inflammation
- Promotes healing
- Increases blood flow
- Reorganizes neuromuscular junctions
- Creates positive biochemical changes



### Symptoms Addressed

- Tendinopathy (i.e. tennis elbow, jumper's knee)
- Muscle strain
- Whiplash
- Torticollis (stiff neck)
- Headaches
- Migraines
- Joint pain