



# Dry Needling

## What is dry needling?

Dry needling is a treatment technique used by physical therapists to treat various painful conditions. The treatment involves inserting “dry” needles (no medication) through the skin and into underlying muscle tissue.

Dry needling is just one portion of a physical therapy treatment plan that may also include exercise, manual therapy, and modalities.

## Is it painful?

A very thin needle is utilized for this treatment and most patients do not feel the needle puncture the skin. Once the needle is into the muscle, some patients report discomfort, often described as a sensation similar to a muscle cramp. This usually goes away quickly, but there may be some residual soreness for up to 2 days after treatment. Overall, patients typically start to see improvements in their symptoms within 2-3 visits, if not sooner.

## Is it safe?

Yes, physical therapists receive extensive training on human anatomy and physiology during their professional education. Physical therapists that perform dry needling have completed additional post-graduate education and hands on training to safely and effectively utilize this treatment technique.



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## **What kind of conditions may benefit from dry needling?**

Dry needling can be useful for both acute and chronic pain conditions. Examples of conditions that may benefit from dry needling can include, but are not limited to:

- Acute and chronic neck/back pain
- Shoulder pain/rotator cuff injuries
- Tennis/golfers elbow
- Carpal tunnel
- Plantar fasciitis
- Sciatica
- Hip pain/bursitis
- Headaches
- Knee pain
- Shin splints
- Hamstring injuries
- Piriformis syndrome

Please contact us with further questions or to schedule an appointment.

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