

DRY NEEDLING

Patients suffering from a sports injury or other acute or chronic pain may benefit from dry needling. Dry needling, which is now offered by The Orthopedic Hospital's physical therapy department, brings lasting relief for a broad range of neuromuscular disorders.

After injury or as a result of degenerative processes, many individuals suffer from muscular tightness and spasms caused by compression and irritation of the nerves exiting the spine. The body's natural response to the spasms is to try to protect itself, but an undesired condition such as carpal tunnel, tendonitis, osteoarthritis, decreased mobility or chronic pain may be the result. These spasms can be difficult to treat because the true source of the problem is hidden and undiagnosed, making standard treatments ineffective.

Dry needling is a highly effective treatment unequaled in identifying and eliminating the hidden sources of neuromuscular disorder. After the source of the pain is identified, a small filament needle (with no injectable solution) is advanced into the muscles that typically contain the trigger points. A small twitch response is stimulated, and then the muscle relaxes.

The treatment can alleviate both the original problem as well as secondary pain. Typically, positive results are apparent in two to four treatment sessions but can vary depending on the cause and duration of the symptoms and the overall health of the hurting individual.

In addition to muscle spasms, dry needling has been used to treat headaches, lower back pain, sciatic pain, temporomandibular joint dysfunction (TMJ) and tendonitis. Although the procedure may cause some discomfort, the intensity of the pain varies based on the trigger points, the patient's pain-tolerance level and the skill level of the practitioner performing the procedure.



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