



## SCOTT HOLLIER, INC. PHYSICAL THERAPY

# WHY CONSIDER DRY NEEDLING



Dry needling is a technique physical therapists use to treat myofascial pain. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points.

Some dry needling techniques treat a broader landscape of the central nervous system. This is called non-trigger point treatment. Instead of inserting needles only in the area of pain, the practitioner may instead insert needles in areas around but not directly on the point of pain. This technique relies on the idea that pain is the result of a greater nerve or muscular issue, not a focused one only in the main area of pain.

Physical therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain or improve range of motion.

Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to full activity.

Dry needling provides relief for some muscular pain and stiffness. In addition, easing the trigger points improves flexibility and increases range of motion. That's why this method is often used to treat sports injuries, muscle pain, and even fibromyalgia pain.

If you or someone you know is suffering from a sports injury or aches and pains, contact us at a clinic nearest you!