

DRY NEEDLING

Dry needling is a very successful medical treatment which uses very thin needles *without* any medication (a dry needle). Dry Needling is used to treat pain and dysfunction caused by muscle problems, sinus trouble, headaches, and some nerve problems. It is not at all the same as acupuncture. Acupuncture is part of Traditional Chinese Medicine, whereas dry needling is a western medicine technique, which needs to have a medical diagnosis. There is a clear scientific understanding of dry needling, which does not have any religious underpinnings.

Dry Needling works by changing the way your body senses pain (neurological effects), and by helping the body heal stubborn muscle spasms associated with trigger points (myofascial effects). There are additional electrical and chemical changes associated with dry needling therapy which assist with the healing process. It is important to see the needles as just one part of your overall rehabilitative treatment. Dry Needling is not a miracle cure – it is a normal part of physiotherapy. In conjunction with the dry needling, it is vital that you do the exercises and follow the advice your therapist gives you.