

# Dry Needling

## What is Dry Needling?

Dry Needling is a therapeutic technique for treatment of musculoskeletal pain and human movement dysfunction.



## How does Dry Needling work?

A very fine filament needle is inserted through the skin in to the deeper tissues that are considered trigger points to your pain. Dry Needling works by causing a microlesion within the pathological tissue, thus breaking up shortened tissues, inhibiting a reflex arc from the nervous system to the tissue, normalizing the inflammatory response, and centrally mediating the pain. This mechanical and neuromuscular effect provides an environment that enhances the body's ability to heal, which ultimately reduces pain.

## Does Dry Needling hurt?

The fine filament needle is very thin, solid, and flexible, which allows for the needle to be pushed through the skin versus cutting the skin. This helps reduce any discomfort that may occur with the procedure. We strive to make the treatment virtually painless; however, at times a local twitch response of the muscle may be felt.

## How many session of Dry Needling will I need?

On average, Dry Needling is utilized for 3-6 total treatment sessions. Every patient is an individual and needs may vary dependent on diagnosis and severity.

## How long does a Dry needling session take?

Dry Needling can add 10-25 minutes to your current physical therapy treatment session.

## Can I come in for Dry Needling only?

At this time, we are only offering Dry Needling as an integral part of a comprehensive physical therapy program.

## How much does Dry Needling cost?

Dry Needling cost is \$35 per session. Insurance may cover the cost of Dry Needling in some instances, but typically it is an out of pocket expense.



# Is there a difference between Dry Needling and Acupuncture?

## Dry Needling

- Based on Western medical principles and evidence based research
- Targets painful areas to promote healing
- Needle placement based on musculoskeletal trigger points
- Used to treat a variety of musculoskeletal conditions

## Acupuncture

- Based on Eastern medical philosophy
- Normalizes energy flow
- Needle placement based on Traditional Chinese Medicine Philosophy
- Used to treat visceral and systemic dysfunction

Natural Pain Reliever

Initiates Tissue Repair

Releases Trigger Points

## Who Can Benefit?

Those who suffer from: Low back pain, neck pain, Headache, Chronic Pain, Arthritis, Tendonitis, Plantar Fasciitis and many other painful conditions.

Dry Needling is offered at our Findlay and Tiffin Therapy Departments.

Contact us today for more information.

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