

Pain Management with Dry Needling



Andrew Casey, DPT

Doctor of Physical Therapy

What is Trigger Point Dry Needling?

A Physical Therapist inserts very thin needles directly into muscle tissue, irritable or sensitive spots within a muscle.

Benefits

- Immediately reduces muscle tension
- Improves pain
- Increases range of motion and mobility
- Restores normal function of muscle
- Improves tissue health

Is TPDN right for me?

Dry needling can help with:

- Neck, back, and shoulder pain
- Arm pain - tennis elbow, carpal tunnel, golfer's elbow
- Headaches - including migraines, tension headaches, jaw pain
- Buttock pain and leg pain – including sciatica, hamstring strains, calf tightness, or spasm



Valley Regional Healthcare

243 Elm Street | Claremont, NH | VRH.org

Is the procedure painful?

Most patients don't feel the insertion of the needle because it is very thin. Normally, a desirable muscle "twitch" will occur as muscles release tension; mild soreness following dry needling can last a few hours to a day.

What is the difference between TPDN and Acupuncture?

TPDN relieves pain based on anatomy of the musculoskeletal and nervous systems, while acupuncture is based on the ancient Chinese/Asian Theory of the energy, "Chi".

Why is this technique called Dry Needling?

Dry Needling is termed "dry" because NO fluid or medication is injected into the tissue. In the US, dry needling is a relatively new method for treating myofascial pain, and not all physicians are aware of this effective technique.

*If you would like to try this revolutionary treatment to relieve your pain, contact us at **603.542.1878***

