

# Pain Management with Dry Needling



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## **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



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## 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***

