

Dry Needling Information Brochure



What is Dry Needling?

Dry Needling is a specific treatment technique that uses a solid filament needle to treat muscle trigger points. A muscle trigger point is a highly localized, hyper-irritable spot in a palpable, taut band of skeletal muscle fibers.

These muscle trigger points play a role in producing and maintaining the pain cycle. These trigger points develop in muscle for various reasons including referred or local pain, inflammation, tissue injury or other causes.

Epidemiologic studies from the United States have shown that trigger points were the primary source of pain in patients presenting to a primary care setting from 30-85% of cases.

The sites for needle insertion are located in specific myofascial trigger points in skeletal muscles. Trigger points are taut bands of impaired muscles which can be the root of pain and dysfunction.

How Dry Needling works

The mechanical stimulation of the muscle produces a local twitch or rapid depolarization of muscle

fibers. After this process the muscle activity dramatically reduces resulting in relaxation and decrease in pain and dysfunction. This decrease in pain is related to the removal of muscular compression on joint, nerve and vascular tissue.

Sometimes the insertion of the needle will also reproduce "referred pain" symptoms. This is often a positive sign confirming the trigger point as being the cause of the pain.

At Results, Dry Needling is prescribed as a part of an overall care plan

At Results, Dry Needling physical therapy is a natural "extension" of quality hands-on therapy. To be

effective, Dry Needling should not be performed as an isolated therapy.

When Results prescribes Dry Needling physical therapy

Dry Needling physical therapy will not replace the hands on approach to physical therapy but will be an adjunct to our current level of care. It is another very specific tool to help reduce patients pain which will then allow the patients to tolerate their exercises much better.

To truly be successful at this type of therapy, the therapist must first and foremost be a skilled manual therapist, as the techniques require very specific palpation skills and excellent knowledge of anatomy. At Results Physiotherapy, only our senior, most experienced manual physical therapists are selected and trained to perform Dry Needling therapy. We have therapists trained to perform Dry Needling at the majority of our clinics across the state.



Frequently asked questions about Dry Needling at Results Physiotherapy

Does Dry Needling hurt?

Typically, patients will feel pain but it is short-lived. Generally, the level of pain does indicate the level of relief the patient will feel following treatment. If you do not feel it at all, it is not working.

Is Dry Needling safe?

We go to great lengths to ensure safety. Physical Therapists have all passed their necessary board exams, have an understanding of anatomy in excess. We apply OSHA standards, use personal protective high-quality equipment, and have a very high standard of safety.

Is Dry Needling different from Acupuncture?

Dry Needling is based on traditional, studied and tested practices of Western Medicine to restore normal muscle function. Traditional acupuncture practitioners' follow Eastern Medicine's key principle of holistic treatment, and based on normalizing the energy imbalance, or Chi, in the body to cure syndromes.

At Results, Dry Needling is one part of a complete treatment plan conducted by our most senior therapists who have undergone thousands of hours of training, successfully passed regulated board exams, and have thorough knowledge of a patient's condition based on the assessment we conduct.

How will I feel after having treatment done?

There may be soreness immediately after treatment in the area of the body that was treated, this is normal but does not always occur. Sometimes this is delayed for a few hours or until the next day. The soreness may vary depending on the area of the body that was treated as well as varies person to person, but typically it feels like you have had an intense workout at the gym. Occasionally patients will experience some bruising with this soreness.

It is common to feel tired, nauseous, emotional, giggly or "loopy", and/or somewhat "out of it" after treatment. This is a normal response that can last up to an hour or two after treatment.

How many sessions of Dry Needling will I need?

We average 2-3 sessions with one patient and will not use more than 5-6 except in rare circumstances. Often we will use Dry Needling once or twice per week out of 2-3 visits.

How much does Dry Needling cost?

At Results, the cost is \$40 per session, plus the cost of your initial evaluation, which is \$120.

Will Dry Needling be done at my first appointment?

We do not typically use Dry Needling on your first day unless a patient fits a classical "trigger point" presentation. We may recommend it on day one and then educate you on the procedure, the benefits, the risks and side effects. We will then plan to use this procedure in subsequent visits.

Can I come in just for a Dry Needling appointment?

Not at this time. Dry Needling is a part of a comprehensive treatment program. We carefully choose who to do it on and where there are doubts, we don't do it.



Here's what makes Results better

1. YOU WILL RECEIVE HANDS ON TREATMENT FROM A LICENSED PHYSICAL THERAPIST AT EVERY VISIT

Unlike most PT organizations, at Results a licensed physical therapist is always part of your care team, providing experience, knowledge and hands on treatment. This personalized approach ensures your care plan progresses with you, so every visit builds on the last and you get better faster.

2. YOU WILL RECEIVE TREATMENT FROM THE VERY BEST

Every person in a Results clinic is highly trained and dedicated to creating a positive experience and caring environment. In fact, every Results



physical therapist receives four times the industry standard of continuing education, with a concentration on advanced manual therapy techniques. That's why Results therapists

perform in the top 10% in outcomes measures when compared to the largest national database of physical therapists in the U.S.¹

3. WE MAKE IT EASY

We offer convenient hours (including before and after work), have multiple locations, and accept a majority of insurance plans. We take the hassle away so you can focus on getting better faster.

¹ Based on calendar year 2015 data from FOTO: Focus on Therapeutic Outcomes, Inc., an independent source of national physical therapy outcomes and patient satisfaction.

