

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 which are creating pain and discomfort.

A muscle trigger point is a highly localized, hyper-irritable spot in a palpable, taut band of skeletal muscle fibers. These muscle trigger points - which are located throughout the human body - play a role in producing and sustaining feelings of pain



and discomfort.

Trigger points develop in muscle for various reasons including referred or local pain, inflammation, tissue injury or other causes. Studies from the United States have shown that trigger points were the primary source of pain in as many as 85% of pain-related appointments with a primary care doctor.

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. Occasionally, 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. It is theorized that Dry Needling also stimulates release of endogenous opioids, and initiates a "new healing process".

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

At Results, Dry Needling is a natural extension of quality hands on therapy. To be effective, Dry Needling should not be performed as an isolated treatment, but as part of a comprehensive care plan; it is another very specific tool to reduce pain and help patients to bet-

ter tolerate their physical therapy and tailored exercise plan.

Successful Dry Needling must be administered by a highly skilled manual therapist, with advanced training in anatomy and musculoskeletal function and dysfunction. At Results Physiotherapy, only our most experienced manual physical therapists are selected and trained to perform Dry Needling therapy. Results has therapists trained to perform Dry Needling at the majority of its 100+ clinics.

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 specif-

ic 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.

Acupuncture	Dry Needling
Medical diagnosis not relevant	Medical diagnosis is necessary
Medical examination not applicable	Medical examination imperative
Needle placement according to Traditional Chinese Medicine philosophy into non-scientific meridians	Needle insertion based on musculoskeletal trigger points
Knowledge of anatomy not applicable	Knowledge of anatomy essential
No immediate objective change anticipated	Prompt subjective and objective signs and symptoms change

Dry Needling vs. Acupuncture

While Dry Needling uses the same tool as acupuncture—it is with a different theoretical purpose. 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 is based on normalizing the energy imbalance, or Chi, in the body to cure syndromes.

Further, the amount of formal training received by a Results therapist is extensive. A Results therapist has undergone thousands of hours of training, successfully passed regulated board exams, and has a thorough knowledge of a patient’s condition.

Frequently asked questions about Dry Needling at Results Physiotherapy

Does Dry Needling hurt?

Typically, patients will feel some level of discomfort, but it is short-lived. If one does not feel the treatment at all, it is not yet working.

Is Dry Needling safe?

We go to great lengths to ensure safety. Results Physical Therapists have all passed their necessary board exams, and have an exhaustive understanding of anatomy. In fact, Results physical therapists have four times more training and education than the national average for all physical therapists. We apply OSHA standards, use personal protective high-quality equipment, and proudly hold to the highest standards of safety.

How 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 base their practice on "normalizing the energy imbalance," or Chi, in the body to cure syndromes.

Results prescribes Dry Needling within medically-proven and measurable parameters, in accordance with our advanced training in musculoskeletal function. Results therapists that perform Dry Needling therapy have successfully passed regulated board exams, and have a thorough knowledge of a patient's condition based on in-depth and ongoing assessments and treatment.

How will I feel after having treatment done?

There may be some soreness immediately after treatment in the area of the body that was Dry Needled. This is normal, although does not always occur. Occasionally, soreness develops a few hours later, or even the next day. The soreness may vary depending on the area of the body that was treated, and also 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.

A patient may also feel tired, nauseous, emotional, and/or somewhat "out of it" after treatment. This is a normal response that only lasts an hour or two after treatment.

How many sessions of Dry Needling will I need?

Results' Dry Needling patients average 2-3 sessions, 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?

Results charges \$40 per Dry Needling session, which is in addition to the cost of the appointment. Insurance may cover Dry Needling in some instances, but typically it is an out-of-pocket expense.

Will Dry Needling be done at my first appointment?

We do not typically use Dry Needling at a patient's first appointment unless they fit a classic "trigger point" presentation. We may introduce a patient to Dry Needling at an initial appointment, educating on the procedure, benefits, risks and side effects; and then use the procedure on subsequent visits.

Can I come in just for a Dry Needling appointment?

Not at this time. We only recommend Dry Needling as a part of a comprehensive physical therapy treatment program.



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.

