

Trigger Point Dry Needling Talking Points

We use it A LOT with our patients as it helps to treat a variety of conditions.

What is Dry Needling?

Dry needling is the insertion of a tiny acupuncture needle into the muscles – it contains no medication – thus the term “dry” needling. It is NOT acupuncture as it uses modern Western medicine/science along neuromuscular pathways and trigger points versus using Chinese ancient philosophy from 500 BC and meridians.

We use it on trigger points, tight muscles, painful areas, and fascial adhesions.

We use it most often for cervical and lumbar radiculopathies, headaches, myofascial pain, and with degenerative conditions.

How is it done?

First, we spend a few minutes palpating the area and marking the patient. From there, we insert the needle and use a few different techniques depending upon what we are trying to accomplish. For some people, we use dry needling in combination with electrical stimulation/TENS.

Dry needling is most effective as part of a treatment that includes exercise – we hardly ever use dry needling on its own for treatment. For most people, we use dry needling to help them move better so that they can tolerate exercise better.