

# DRY NEEDLING TREATMENT

Dry Needling Technique, (DNT), is a safe and effective technique for myofascial pain and trigger points.

Dry needling is a unique procedure intended to specifically target and restore muscle function, with an emphasis on improving tissue healing and restoring normal tissue function. This is important as continued activity with poor muscle function may lead to further tissue damage and increased pain.

The benefits of DNT include reduction of muscle tension and improving joint range of motion.

DNT reduces pain by treating the trigger point.

It improves and enhances tissue healing and regeneration

DNT is a technique that treats myofascial dysfunction



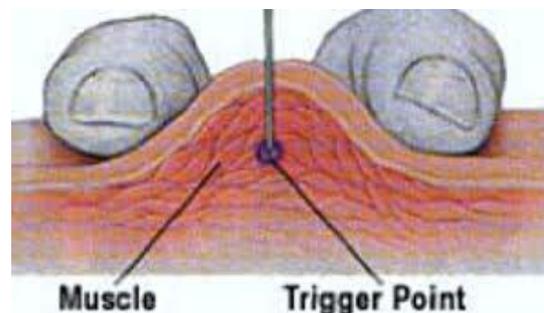
The technique uses a “dry” needle, one without medication or injection. The needle is inserted through the skin

into areas of the muscle, known as trigger points.

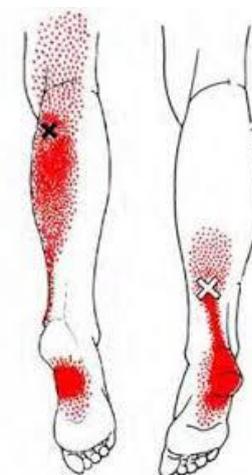
Dry needling is not acupuncture, a practice based on traditional Chinese medicine and performed by acupuncturists. Dry needling is a part of modern Western medicine principles, and supported by research. However, the needles used are like acupuncture needles and some of the trigger points are like acupuncture points

## What is a Trigger Point?

A trigger point is a taut band of skeletal muscle located within a larger muscle group. Trigger points can be tender to the touch, and touching a trigger point may cause pain to other parts of the body.



Referral Patterns



## What Kind of Needles Are Used?

Dry needling involves a thin single use stainless steel needle that penetrates the skin and stimulates underlying myofascial trigger points and muscular and connective tissues. The needle allows us to target tissues that are not manually palpable.



## Why Dry Needling?

Dry needling is not meant to replace conventional treatment procedures. It is used in conjunction with chiropractic techniques as a larger treatment plan.

And when combined with chiropractic it can be an influential method to accelerate pain reduction, healing and the restoration of normal tissue function.

The exact mechanisms of dry needling are complex and not fully known. However, there is a growing body of scientific evidence that supports the positive effect inserting a needle has on the electrical and chemical communications that take place in our nervous system. These include inhibiting the transmission of pain signals in our spinal cord and increasing the release of our own pain relieving chemicals within our brains.

At Pilbara Chiropractic Centre, we use dry needling with the goal of releasing or inactivating trigger points to relieve pain and improve range of motion. Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates. These are the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to active rehabilitation.



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