



# Dry Needling

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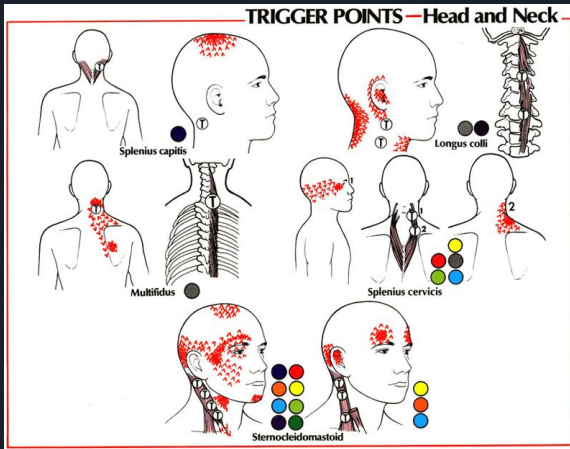


# What is Dry Needling?

- Dry needling is a therapeutic technique that involves the insertion of thin, solid needles into muscle trigger points or soft tissues to relieve pain and improve muscle function
- It is “dry” because unlike injections, there is no medication delivered
- The practice of inserting needles into the body for therapeutic purposes has ancient origins in China and has been around for thousands of years
- The more modern use of Dry Needling emerged from the research of Travell and Simons that discovered myofascial trigger points that can refer pain to other areas of the body
- The use of Dry Needling started gaining traction in the USA in the 80s and has been growing in popularity ever since.

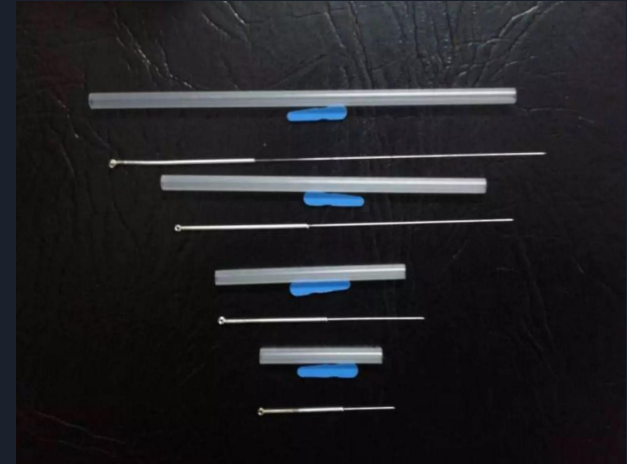
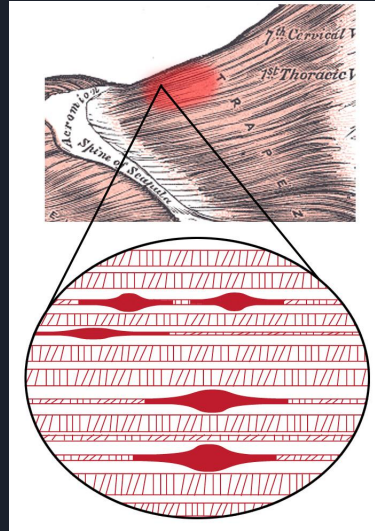
# Benefits of Dry Needling

- Pain relief
- Improved ROM
- Reduced muscle tension
- Improved blood flow
- Modulate the nervous system



# How Does Dry Needling Work?

The therapist palpates the treatment area in search of adhesion and/or pain (trigger points). A small gauge needle is placed in the trigger point with the use of guide tube to minimize discomfort. The goal is to achieve a twitch response which will help “reset” the muscle spindle to it’s natural resting state. Depending on the patient and the desired outcome, a variety of needle sizes and techniques can be used.



# What to Expect?



The initial insertion of the needle is typically pain-free. Due to the small gauge of the needle, the patient does not typically perceive the needle unless a trigger point is stimulated. When a trigger point is pierced, the patient will experience an involuntary muscle twitch. Most patients describe this sensation as “weird and uncomfortable”. Afterwards, the patient can expect to be “workout sore” for up to 24 hours, but the muscle itself will be looser with less overall pain.

There is a chance of some light bruising and/or bleeding as a side effect, but this is uncommon. All precautions are taken to mitigate risk of injury or infection.

After receiving dry needling, the patient can resume all normal activities.



# Demonstration

Put video here?

Questions?

