

# Services

## Dry Needling

### **DRY NEEDLING at Aldergrove Physiotherapy**

Do you suffer from chronic or acute pain? Many patients at Aldergrove Physiotherapy get pain relief with Dry Needling. It is particularly effective for headaches, chronic neck, back and shoulder pain, tendonitis, or jaw pain.

After a thorough assessment, your physiotherapist may recommend that your recovery plan include Dry Needling with other modalities.

### **What is Dry Needling?**

Dry Needling is a science-based system. Physiotherapists receive specialized training to insert tiny needles into specific trigger points. Your body's myofascial trigger points refer pain throughout the body. The needles normalize the chemical levels in these trigger points, decreasing muscle tension and pain.

The trigger points are usually on your arms, neck, and back. Runners may have trigger points on their legs. Dry Needling helps a wide variety of conditions like:

- Headaches
- Shoulder pain
- Rotator cuff damage
- Knee pain
- Sciatica
- Hip and gluteal pain
- Achilles' tendonitis
- Plantar fasciitis

### **How do I know if I have trigger points causing my pain?**

Most patients describe a trigger point as a "knot." If you poke or rub the knot, you may find it hurts somewhere else (sometimes not even nearby!) or radiates to the surrounding area. Trigger points tend to cause more widespread pain than just in the muscle where they are found. A trigger point is often tender to the touch and may cause pain at any time.

This technique also helps muscular issues not involving trigger points, like rotator cuff damage.

Most importantly, your physiotherapist knows if you have trigger points causing your pain, even if you don't know. They will keep you informed as part of your initial and ongoing assessments.

### **Dry Needling – What to Expect**

Your physiotherapist at Aldergrove Physiotherapy inserts tiny needles into your skin. There is no injection, no liquid inserted, so the needles are much thinner. The needles are so thin that many patients don't feel them at all, but you may feel a twitch when the trigger point starts to release. This is usually a very good sign that the therapy is working!

Many patients find reduced muscle tension and greater range of motion immediately after a Dry Needling appointment.

## Is Dry Needling like acupuncture?

Yes and no. Both therapies use tiny needles, but the philosophies are quite different. Therapeutic dry Needling is scientific, Western medicine focusing on muscle groups and the body's physical structure. Acupuncture is Chinese medicine that balances the body's energy flow.

## In Summary

If your physiotherapist at Aldergrove Physiotherapy recommends Dry Needling, you are on your way to feeling better soon! Many patients even feel some immediate relief. Call today to discover how Dry Needling could solve your chronic or acute pain.

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Service

We will call you soon to discuss availability.