

FAQs about DRY NEEDLING



WHAT IS DRY NEEDLING?

Dry Needling is a skilled intervention performed by a health care professional. This professional uses a fine filiform needle to penetrate the skin, creating a healing response in the tissue that has been lesioned. Tissues contributing to neuromusculoskeletal dysfunction can be dry needled, including muscle, fascia, tendon, capsule, ligament, peri-neural structures and microvascular structures.

IN WHICH SITUATIONS WOULD DRY NEEDLING BE USED?

Patients who present with pain syndromes, neuromusculoskeletal disorders and movement impairment syndromes can all benefit from dry needling. Simple muscle tightness, strains and sprains, an overworked body needing recovery, muscle activation, swelling reduction and pain modulation are all clinical examples for the use of dry needling.

ARE THERE ANY SIDE EFFECTS?

Every medical intervention carries its risks and rewards. Your medical provider has been properly trained in safe needling techniques to minimize the risk of adverse events. Talk with your health care provider about the risks associated with dry needling for your particular injury.