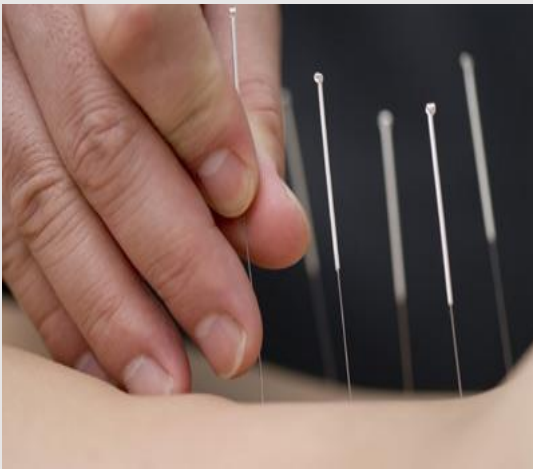


What is Dry Needling?

A skilled intervention performed by a licensed physical therapist that uses a thin filiform needle to penetrate the skin and release underlying myofascial trigger points, muscular, and connective tissues.

What conditions does it treat?

A variety of musculoskeletal problems including, but not limited to: Acute/Chronic injuries, Headaches, neck/back pain, tendinitis, muscle spasms, “sciatica”, hip/knee pain, muscle strains, fibromyalgia, “tennis/golfer’s elbow”, overuse injuries and more.



How will it fit into my rehabilitation program?

It is used to address musculoskeletal pain at the beginning of rehab to break the pain cycle. Once that is achieved, other treatment options are introduced for stability and postural re-education to avoid pain from recurring. Consult your physician regarding your plan of care.

Benefits of Dry Needling:

- Manages pain and movement impairments
- Reduces and restores impairments of body structure and function
- Improves overall activity and participation
- Diminishes persistent pain input



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