

DRY NEEDLING

- Dry needling is the procedure where a fine needle or acupuncture needle is inserted into the skin and muscle.
- It is aimed at myofascial trigger points which are hyperirritable spots in your muscles
- Dry needling uses a very fine, solid filament needle which induces injury signals the brain uses to initiate a sequence of events to replace or repair the damaged tissue with new, healthy tissue.

Dry needling can assist in treatment:

- Release myofascial trigger points (muscle knots);
- Neck tension
- Chronic pain
- Muscle injuries
- nerve impingement
- stress