



857 COLLIER RD. NW STE 1 ATLANTA, GA 30318
PHONE: 404-419-7760 FAX: 404-351-3977

ORTHOPEDIC & SPORTS PHYSICAL THERAPY



BENEFITS OF DRY NEEDLING

Dry Needling is a new approach to treat sports injuries and chronic pain and is generally used in combination with other physical therapy interventions to treat a variety of conditions.

Ailments that can be alleviated with Dry Needling include:

Chronic Low Back or Neck Pain
IT Band Syndrome
Rotator Cuff Tendinitis
Lateral Epicondylitis
Temporomandibular Disorder (TMJ)
Muscle Spasms

Dry Needling uses sterile filament needles to create minor lesions in order to facilitate the body's natural healing process. The lesions created improve blood flow to an injured area, and thus, increase oxygen needed for the healing process. In chronic pain conditions, the needling techniques help a body send its "workers" to respond to a dysfunctional site and treat it like a new injury. It essentially helps jump start the body's self-healing process.

Who performs dry needling techniques? A skilled physical therapist that has a vast knowledge of human anatomy.

Who should try dry needling? Patients that have tried other medical treatments and nothing else has afforded lasting improvement in symptoms.

What should I expect from my first dry needling session? The first time you try dry needling,

you will generally only have a few needles used for treatment. You may experience some tiredness or general fatigue after your first treatment (similar to the feeling you may have after a deep massage treatment).