

Possible Adverse Effects:

- Mild ache or temporary cramping of the muscle
- Referred sensations to other areas of the body
- Quick, short-lived electrical impulse or shock sensation
- Mild Bruising
- Lightheadedness/ Nausea

Dry Needling is a safe and effective treatment. It is only one component of the treating process. Your therapist will also incorporate other techniques and exercises to address the biomechanical muscle imbalances, and flexibility deficits. Please ask your doctor if our treatment plan is appropriate for you- or feel free to contact us with questions.



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Understanding Dry Needling



A Guide to Explain the Treatment
and Its Benefits

**Doshier Physical Therapy
Associates**

Schedule Your Appointment Today
Locations in Easley, SC
Piedmont, SC and Anderson, SC

What is Dry Needling?

Dry Needling involves the insertion of a fine-wire needle into the muscle and nerve points to elicit a local twitch response, resulting in decreased muscle tension, pain and restricted movement.

How Does Dry Needling Differ From Acupuncture?

Dry Needling and acupuncture stem from two different disciplines. Acupuncture is based on an ancient flow of energy (chi) along the meridian lines in the body. Dry Needling is strictly a modern Western technique, focusing on the musculoskeletal and neuromuscular systems within the body to reduce pain and muscular dysfunction.

Dry Needling has been demonstrated to be highly effective by numerous scientific studies and reviews in the treatment of myofascial trigger points and nerve pain.



How does Dry Needling Work?

When a needle is inserted into the skin and tissues below, there are several physiologic and mechanical effects that occur:

- A local biochemical response of the surrounding blood vessels and nerves initiates an inflammatory response, stimulating blood flow to the affected tissues and facilitating the body's natural healing.
- Needling the active trigger point of the affected muscle causes a "twitch response" and reflexive relaxation of the muscle, allowing an increase in blood flow to the area.
- When the muscle is no longer in spasm, the electrical charge or resting potential of the affected tissues is restored, resulting in decreased pain and inflammation.
- Sensory nerves in the area stimulates the release of endorphins into the blood stream, thus reducing pain within minutes of the procedure.

What can Someone Expect to Feel with Dry Needling?

- "Twitch Response" or "jumping" of the muscle
- Reduced pain immediately following the procedure
- A decrease in muscle tightness of the affected area
- A relaxed, loose feeling of the muscles and joints

What Are Some of the Conditions that can be Treated with Dry Needling?

- Neck/Back Pain
- Headaches/Migraines
- Tendinitis (elbow, hip, shoulder, wrist)
- Jaw Pain (TMJ)
- Sciatica
- Muscular Strains/Tightness
- Fibromyalgia
- Muscular Spasms
- Sports Injuries