

Physical Therapy

Dry Needling



Integrative dry needling is a neurophysiological evidence-based treatment technique performed in conjunction with an effective manual assessment of the neuromuscular system. As described by the American Academy of Orthopedic Manual Physical Therapists in Oct. 2009:

"The technique utilizes filament needles following a thorough evaluation to address multiple types of dysfunction. The purpose of creating the lesion is multifaceted:

Excitation of the central nervous system allows for increased endorphin release and reduced pain sensation.

The tissue integrity is improved by increasing length, as well as increasing the blood supply to that tissue and allowing for increased nutrient delivery aiding in accelerated tissue remodeling.

Reduction in abnormal muscle band firing and contraction feedback loop is interrupted allowing for improved muscle fiber relaxation."

Integrative dry needling, orthopedic approach is a research proven technique used by licensed medical practitioners who have been trained and certified in the technique and utilized in conjunction with other therapeutic interventions. This is NOT acupuncture. This therapy is not based on Eastern or Chinese medicine and diagnosis does not include evaluation of the meridians. It is based on Western medicine and muscle physiology.