



## Woodstown Physical Therapy & Sports Rehab

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### DRY NEEDLING



To keep patients feeling their best, Woodstown Physical Therapy & Sports Rehab offers a diverse selection of treatments to help the body restore itself.

Dry needling is an intramuscular treatment that uses needles to relieve muscle pain and help the affected muscles to heal. By inserting the thin needle into muscular trigger points, the muscles contract and release, thereby relieving tightness and forestalling spasms.

Dry needling should not be confused with acupuncture. Dry needling, unlike acupuncture, inserts the needle into the muscles, tendons or joints. Often the needles are reinserted or manipulated throughout the treatment. Since there is nothing filling the needle, such as medication or nutrients, the technique is referred to as "dry."

This breakthrough treatment uses the body's own survival mechanism to restore normal physical functions as well as provide pain relief. Known for its anti-inflammatory effects, dry needling normalized the immune, endocrine and cardiovascular system.

Woodstown Physical Therapy will often incorporate other forms of hands-on treatments with dry needling to best suit the patient's needs. Techniques such as, laser treatments, electrical stimulation, or myofascial release are incorporated to maximize results and patient outcomes.

Dry needling can be used to treat back or neck pain, frozen shoulders, tennis elbow, muscle spasms, hip or knee pain or strain injuries. Because of the versatility of this treatment, dry needling can also be used as a preventive measure against injury or strain.



*Mark and Cheryl Valente of Woodstown Physical Therapy with Dr. Yun-tao Ma, founder of the American Dry Needling Institute and Dry Needling Instructor.*