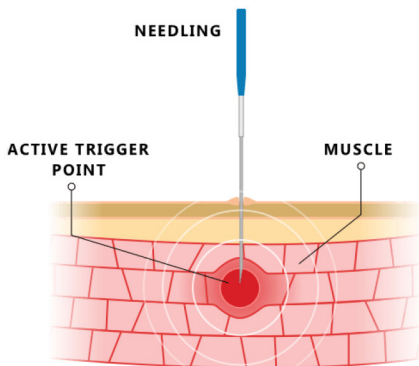


# FUNCTIONAL DRY NEEDLING



Dry needling is a technique that physical therapists use for the treatment of pain and movement impairments. It is typically one technique that's part of a larger treatment plan to help patients achieve their goal and return to their prior level of function and improve overall quality of life.

## HOW DOES IT WORK?



The technique uses a solid, thin needle that penetrates the skin, stimulates underlying myofascial trigger points and muscular tissues, and relieves pain and/or improves range of motion. The needle allows a physical therapist to target tissue more directly.

## CONDITIONS IT TREATS

- ✓ Acute & Chronic Pain
- ✓ Adhesive Capsulitis
- ✓ Piriformis Syndrome
- ✓ Elbow Tendonitis
- ✓ Patellofemoral Pain
- ✓ Headaches/Migraines
- ✓ Low Back Pain/Disc Injuries
- ✓ Hip & Shoulder Impingement
- ✓ Muscle Strains/Spasms/Imbalances
- ✓ Fibromyalgia
- ✓ Sports Injuries
- ✓ Whiplash
- ✓ Sciatica
- ✓ Plantar Fasciitis

## Why try dry needling?

Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. The goal of dry needling is to eliminate trigger points and reset poor muscle movement patterns to restore function. This can help speed up the patient's return to active rehabilitation and improve their quality of life faster.



## Do I need a referral?

Typically our physical therapists would like to see you as a patient first, do an evaluation, and initiate an exercise program - as dysfunctional muscle tissue/trigger points are likely related to dysfunctional movement patterns/posture, etc. That way, the issue can be corrected and dry needling assists to speed up that process. It is one technique that is part of a treatment plan. **\*Medicare patients will always need a doctors referral for PT.\***

**Clara Barton Medical Center  
charges \$30/Dry Needling session.**

Dry Needling is an out-of-pocket expense due to not being covered by insurance at this time.



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