

NEWSLETTER KCP PHYSIOTHERAPY

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DRY NEEDLING

If your physiotherapist feels it may be appropriate for you they may suggest it, or **if you are interested in trying it feel free to tell your physiotherapist.** Dry needling will usually occur over 2-3 sessions to determine whether it is an effective treatment option for you. These techniques involve very low risk, your physiotherapist will discuss any side effects with you.

Can be used in many conditions including:

- Acute sprains and strains (all muscles and joints)
- Back and neck pain
- Post surgical rehabilitation
- Muscle spasms and contractures
- Muscle tightness and imbalances
- Neurological and radicular (referred) symptoms
- Post exercise recovery
- Ongoing injury or old aches and pains
- Chronic pain and disability

Trigger point dry needling is a treatment technique that uses fine needles to release tight muscles when pain and dysfunction is present in the neuromuscular system.

Local and/or referred pain in muscles can occur in a large range of conditions. Tight bands in muscles can develop, called trigger points, secondary to various stresses such as **postural, repetitive motion, psychological** or **emotional**.

Active trigger points are tight

due to increased electrical activity between the nerve and muscle connection due to injury or stresses. This tightness can cause limited range of joint motion resulting in a reduction of normal functional activities of the whole body.

Dry needling is based on a similar theory to massage and trigger pointing, but instead of applying strong forces with your fingers and hands, a

fine needle is inserted directly into the myofascial trigger point, resulting in deactivation and desensitization of that trigger point. The needle is repeatedly moved in and out, without exiting the skin, looking for points in the muscle that reproduce your pain or produce a 'twitch' response. The local twitch re-

sponse (LTR) occurs when the needle contacts the trigger point, which feels like a deep cramp, then the muscle relaxes. This stimulates your body's own healing response



within that tissue.

This **twitch response** acts to reduce the increased electrical activity and eliminate the irritating chemicals in that active trigger point. This can result in an immediate reduction of your pain and symptoms, increased joint range of motion and improve your function.

Patients find this technique quick and very effective!

