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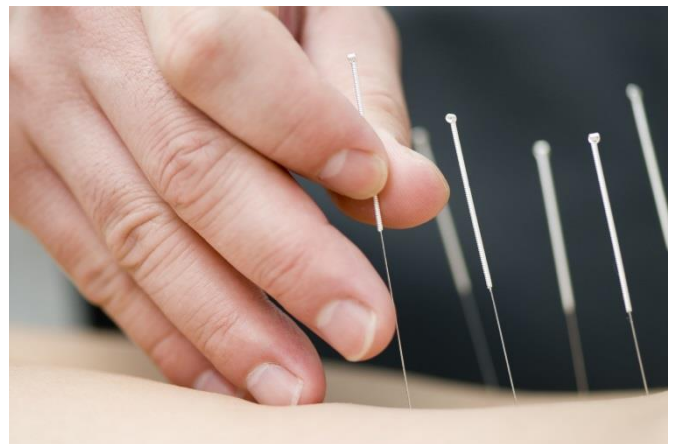
## Dry Needling

### What is dry needling?

Dry needling is a procedure in which a thin needle is inserted into the skin and muscle to promote natural self-healing and pain relief.

### Is dry needling similar to acupuncture?

There are many similarities and differences between dry needling and acupuncture. Physiotherapists at Physio-Wise are not acupuncturists. But the insertion points and the needles we use are very similar. Dry needling is strictly based on Western medicine principles and research and it is increasingly used in the management of musculoskeletal and sports injuries. Acupuncture is based on practical knowledge and unique integrated yin-yang system of the body in Chinese medicine.



### How does dry needling work?

The goal of dry needling is to use a relatively pain-free stimulus to begin a chain of reactions to the body. Neurochemicals, such as Endorphins and Corticosteroids, are released promoting natural pain relief. Dry needling relaxes contracted muscles as well as promote the healing process. All these responses can be observed by modern medicine.

## What type of problems can be treated with dry needling?

Dry needling can be used for a variety of musculoskeletal problems. Neuromuscular dysfunction and imbalances are thought to be a primary contributing factor to the symptoms. Such conditions include neck, back and shoulder pain, arm pain (tennis elbow, carpal tunnel, golfer's elbow), headache to include migraines and tension-type headaches, jaw pain, buttock pain and leg pain (sciatica, hamstrings strains, calf tightness/spasms). In addition, it can relief congestion of sinus and hay fever.

## Is the procedure painful?

Most patients do not feel the insertion of the needle. Some patients describe this as a little ant bite at the insertion.

## Are the needles sterile?

Yes, we only use sterile disposable needles.



## What side effects can I expect after the treatment?

Feeling relaxed or even sleepy are common after the procedure. Sometimes there may be minor bleeding which may cause a bruise. A small number of people may experience some local ache or soreness.

## How long does it take for the procedure to work?

Typically, it takes several visits for a positive reaction to take place. We are trying to cause natural biochemical changes without medication and it will take longer than pain killers.