

Services

Dry Needling

Dry needling is a technique used by physical therapist to treat acute and chronic conditions involving increased muscle tension, aches, and muscle "knots." Dry needling involves inserting a thin non-medicated needle into myofascial trigger points to release muscle tension and help improve soft tissue healing.

Common conditions and symptoms treated with dry needling:

- "shin splints"
- muscle tension headaches/migraines
- acute or chronic neck pain
- quadricеп pain
- sciatica

Ask your therapist if dry needling is right for you!