

What is Trigger Point Dry Needling?

Trigger Point Dry Needling (or dry needling) is an effective therapy to treat muscular tension and spasm which commonly accompanies conditions such as muscle strains and sprains, back or neck pain, plantar fasciitis, tennis elbow, and other chronic painful conditions.

With dry needling, acupuncture needles are inserted through the skin and into the muscle to release painful myofascial trigger points - these are contracted painful knotted areas of muscle tissue. This needling technique creates a local twitch reflex which results in a deep tissue release that allows for improvements in both movement and pain. It is called “dry” needling because there is no solution injected into the tissues as there is with a hypodermic needle during a trigger point injection - “wet” needling. With dry needling, the needle itself and the effects it produces within the tissue is the treatment.

When an injury occurs from repetitive use or acute trauma, inflammation will be produced from the damaged tissues. The damaged tissues will also go into a protective tension state or contracture to guard against further damage from use. This contracture and inflammation inhibit microcirculation which limits both the oxygenated blood reaching the injury and the waste products leaving the injury. The injury site becomes hypoxic (decreased in oxygen) which stimulates the body to produce fibroblasts, a cell that produces fibrosis or scar tissue. This fibrosis and scarring builds up around the muscles and tissues limiting the tissues ability to fully function (lengthen/shorten) and can also cause compression and irritation of nerves (such as carpal tunnel syndrome) - all of which inevitably lead to biomechanical disturbances in gait and function.

Research shows that dry needling will decrease muscle contraction, reduce chemical irritation, improve flexibility and decrease pain.

Conditions which can improve with trigger point dry needling:

- Neck pain
- Back pain
- Shoulder pain
- Tennis/Golfer's elbow
- Headaches
- Hip and gluteal pain
- Knee pain
- Achilles tendonitis/tendonosis
- Plantar fasciitis
- Carpal tunnel syndrome
- Sciatica
- Muscular strains/ligament sprains

- Chronic Pain
- Athletic Performance

- Shoulder Pain
- Tennis/Golfers Elbow
- Headaches
- Hip and Gluteal Pain
- Knee Pain
- Achilles Tendonitis/Tendonosis
- Plantar Fasciitis
- Sciatica
- Muscular Strains/Ligament Sprains
- Chronic Pain
- Athletic Performance
- FDM