

Dry Needling

What is Dry Needling?

Dry Needling is the use of fine acupuncture needles to reduce pain through the stimulation of myofascial trigger points.

These trigger points can be very painful when palpated and can refer pain to other regions of the body.

Dry Needling is similar to acupuncture, however follows different theories and rationale to the traditional Chinese medicine.

What are the benefits of Dry Needling?

Dry needling at trigger points has been shown to result in a positive reaction from the central nervous system, allowing the muscle to relax and relieve pain.

The needles used are very fine and for this reason there is minimal to no pain felt when inserting the needles. There is sometimes a “local twitch response” noted when needles are inserted into trigger points accompanied by a relief of tension.

