DRY NEEDLING

Dry needling is a technique that involves inserting very small, thin needles into a muscle "trigger point", which is the point in a muscle where pain can originate. The needle may be connected to a small power pack that sends electrical impulses through the needle and directly into the muscle at that trigger point. This provides the muscle with direct electrical current to reduce pain and muscle tension. The electrical current will feel "tingly", but should not be painful.

Benefits of Dry Needling :

- No medication is used
- Helps reduce inflammation, stiffness and pain in the effected muscle
- Can be used to treat many types of pain
- The process is very short per session
- Will be incorporated into a standard physical therapy treatment plan to reach maximum benefits

Common questions and concerns:

New, sterile filiform needles are used for each patient so the risk of infection is extremely low.

The treatment causes minimal to no pain. The patient may experience slight, temporary soreness during or after the session. Severe side effects are very rare and will be discussed with the patient prior to treatment.

Dry needling is not acupuncture, but is similar to it in the sense that needles are introduced into the tissues for therapeutic reasons. The physical therapist will insert needles directly into the muscles that are causing your discomfort, not in areas that are far away from your pain or on your ear.

To qualify for dry needling, we need an order for Physical Therapy from your physician or nurse practitioner. A physical therapist will perform an evaluation to determine if dry needling would be beneficial for you. Dry needling will be incorporated into a full treatment plan to most benefit you and speed your recovery.

KELLER OUTPATIENT THERAPY
HKH CAMPUS
1021 11TH STREET SW
SHEFFIELD, AL
(256) 386-4066

KELLER OUTPATIENT THERAPY
AVALON
2410 AVALON AVENUE | SUITE 1100
MUSCLE SHOALS, AL
(256) 386-4141

HH Helen Keller Hospital
Sports Medicine & Rehab Services