

ALL ABOUT DRY NEEDLING THERAPY!



Curious about Dry Needling at Linebarger Chiropractic? Read on to learn all the details about this innovative new service.

Dry Needling Therapy can help to treat Neuromuscular and Musculoskeletal Pain by addressing Trigger Points in muscles. Trigger Points are typically taut and tender areas in a hyperirritable muscle. Dry Needling can help to decrease pain, improve mobility and support healing and recovery.

Muscles are meant to contract and relax. When a muscle doesn't get a chance to relax optimally, that area of muscle can become deprived of optimal blood flow, creating restriction in the muscle fibers and surrounding fascial layers. Trigger points can send pain signals to areas distant to their actual origin. There are multiple common referred myofascial pain patterns in the body. We can work through your symptoms to discover if your discomfort may be referring from a distant muscle.

Dry Needling in our office is gentle and comfortable, due to the fact that our technique doesn't involve any movement of the needle! There is no digging into a trigger point, no pecking into bone and no rotating the needle. This makes this therapy much more comfortable than typical Dry Needling experiences. Most patients have zero pain with this technique. The most commonly reported sensation is mild achiness in the area while the needle is being set, which fades once it is in place. Once set, needles stay in place for several minutes, generally between 8-20 minutes - the exact length of time depends on the area being treated, patient tolerance and severity of Trigger Points. Dr. Erica is trained to Dry Needle throughout the body, including the spine and the neck.

Dry Needling is not Acupuncture. While we use the same needles as acupuncturists, the two are very different. Acupuncture is part of Traditional Chinese Medicine and has been used for centuries to treat ailments in every system in the body. Dry Needling is a newer therapy, developed within the last 50 years and focuses exclusively on addressing musculoskeletal dysfunction, specifically trigger points and the referred pain they create.

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