

# PHYSIO4ALL

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## Acupuncture / Dry Needling



Acupuncture or dry needling is the medical practice of stimulating specific reactions in the target tissue for its therapeutic effect. This form of therapy is achieved by utilizing a solid, filament needle.

There are several popular, well established schools of dry needling practice and they commonly involve the needling of myofascial trigger points using acupuncture needles to deactivate and help resolve trigger points.

A trigger point usually consists of a small band of muscle which feels knotty. It is sometimes painful when touched, but the pain is often referred to another area of the body. A trigger point in the shoulder, for example, might cause a headache. Trigger points are thought to be due to an accumulation within deep muscle of the waste products of physical activity. This causes localized muscle tension and spasm which may make the points feel like small nodules. Needling into the trigger point will reduce the spasm and relieve not only the local pain but also the referred pain.

Dry needling improves circulation which is beneficial to an injured area that has compromised blood flow. Careful and specific placement of the needles in the body will relieve the pressure often at times on a nerve. By relieving that pressure it allows the blood to flow into an injured area.

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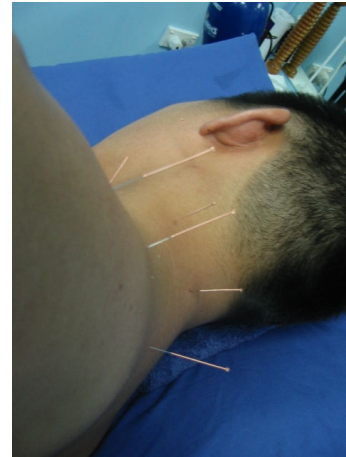
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Acupuncture and dry needling also promote tissue healing. Insertion of the needles sets up a cascade of events in the body which results in the release of certain chemicals in the body. The release of these chemicals combined with the improved blood flow works at the injury site to remove dead tissue and restore the tissue structure to its normal state.

Certain conditions, such as headaches, migraines and sinusitis for example, are treated effectively through the use of acupuncture. Pain and discomfort can be relieved by insertion of the needles along specific pathways or points both adjacent to and locally on the symptomatic area. This is a safe alternative to pharmacological drugs most commonly used to treat these disorders.

In the hands of a skilled practitioner, acupuncture or dry needling can offer great results and if practiced well there is also a remarkable absence of the “post treatment tissue soreness” often experienced by the subject following other manual therapy interventions.



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