



What is dry needling?

Dry needling is utilizing a thin, solid filament needle to specifically target trigger points in a patient's muscle. These are commonly felt as "knots" in muscles that are tender to touch.

- This deep manual therapy will cause a local twitch response in the muscle, helping it to relax and release tension.
- This ultimately aids in reducing both acute and chronic pain.

Dry needling is termed "dry" because nothing is injected via the needle. While the needles are similar to those used in acupuncture, dry needling is aimed towards specific trigger points that cause referred pain and/or sensations rather than following traditional meridian points that are targeted in acupuncture.

Goodyear Chiropractic Health Center

About Us

Goodyear Chiropractic Health Center offers a comprehensive approach to personalized care which improves function, reduces pain, and optimizes movement in patients of all ages.

Our multidisciplinary team of chiropractic, physical therapy, massage therapy, personal training, acupuncture, exercise rehab specialists, and pain management doctors provides a balanced and innovative quality of care.

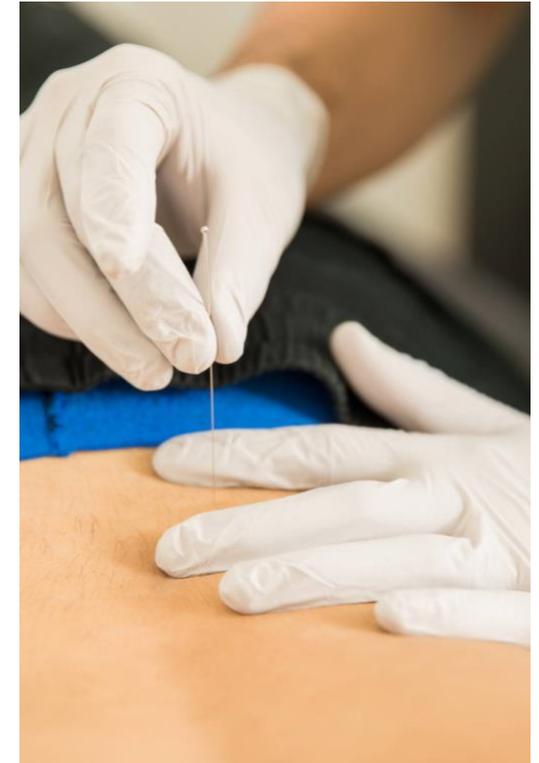
Locations

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Racine:

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Dry Needling

What is it and how can
it help me?



How can dry needling help me?

Conditions it can help:

- Acute pain
- Chronic pain
- Joint problems
- Disk problems
- Tendinitis
- Migraines and headaches
- Jaw and mouth problems
- Whiplash
- Repetitive motion disorders
- Spinal problems
- Pelvic pain
- Night cramps
- Phantom pain

What does it feel like?

While undergoing dry needling, patients may endure several different sensations. Typically, muscle soreness, aching, or twitching when a needle is inserted is a good sign as it indicates that the trigger point is responding.

A patient may also feel these sensations in other areas that are not being treated at that moment. This is normal and expected! Trigger points are commonly associated with referred pain to other parts of the body. Your provider will educate you on where you can expect this.

Your provider will ensure that you feel comfortable throughout the process!



What can I expect afterwards?

The most common side effect is muscle soreness, similar to after a workout, for about a day. Sometimes patients may experience slight bruising or minor bleeding at the needle site, dizziness, goosebumps, or even fatigue. Sometimes symptoms are aggravated, then followed by improvement.

Your provider will give you exercises and stretches to help decrease soreness and maximize on the benefits of dry needling.



What are the benefits of dry needling?

Dry needling helps to:

- Decrease point tenderness in muscles
- Decrease referred pain to other areas of the body
- Restore range of motion
- Improve strength
- Stimulate blood flow
- Promote healing of tissues

While dry needling has a lot of great benefits, it is not a cure-all fix. However, it can help to manage symptoms rapidly and rehabilitate the patient more quickly when combined with other treatments including manual therapy, massage, chiropractic adjustments, therapeutic exercise, and neuromuscular re-education.

What are the risks?

All providers are extensively trained in dry needling and will ensure total safety. We are extremely knowledgeable of all anatomical structures to know what to avoid and exactly which muscles we are targeting. We will only dry needle patients that we believe will benefit and have no contraindications, which we will go over with you personally. We promise, you are safe with us!