

Muscle or Nerve **Pain?**

Dry Needling may get rid of it FOREVER!

If you suffer with:

Plantar Fasciitis

Headaches

Chronic Low Back/Neck pain

Carpal Tunnel Syndrome

Chronic Swollen Joints

Numbness in Legs

Sciatica

Tennis/Golfer's Elbow

Runners who experience:

Shin Splints

Hamstring Strain

Plantar Fasciitis

Calf Pain

Hip Pain



Dry Needling may be right for you!

What is Dry Needling? Dry needling is therapy provided by inserting a dry (non-medicated) needle into a muscle or other soft tissue to elicit a therapeutic effect.

How is it different from acupuncture? Both use the same type of thin, sterile needle in treatment, however, the methodologies, techniques, and education are very different. Dry Needling involves a physical assessment to guide treatment and the practitioner must have thorough knowledge of the muscular and nervous systems. Acupuncture requires training in traditional Chinese medicine.

Is it painful? There may be temporary discomfort (deep ache) during treatment, however, an overwhelming majority of patients request the treatment again. Sensitive tissues may cause a referral pattern similar to the symptoms for which you are seeking treatment.

What can I expect? Many patients experience positive results after the first treatment. This may include reduced pain, increased ROM and improved functional abilities. Most patients experience improvement within a few sessions. Often, Dry Needling is combined with other physical therapy techniques, such as joint mobilization, stretching and strengthening.

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