

FirstHealth

REHABILITATION

Dry Needling



What is Dry Needling and how can it help with my pain and ability to function?

Trigger Point Dry Needling is recognized as a manual (hands-on) technique to treat trigger points (muscle “knots”) using a thin filament needle. It is termed “dry” needling because there is no medication injected into the tissue; the needle itself is the tool.

The needle is the same size as an acupuncture needle, but the goal and treatment approach are very different. Acupuncture is based on Chinese medicine and involves only the superficial skin layer. Dry needling is supported by research and is a Western medicine intervention that specially trained Physical Therapists can provide as part of their treatment. The needle is inserted deep into the trigger point within a muscle to obtain a twitch response.

A trigger point is an area of muscle fibers that have become very tight. If not treated, trigger points lead to chronic and referred pain, as well as muscle weakness. Dry needling has proven to be a quick and effective way to loosen tight tissue and decrease pain by relaxing trigger points. This technique helps remove pain

substances that are released when cells are damaged, and it changes the way our bodies sense pain.

What conditions can be treated with Dry Needling?

Headaches, neck pain, back pain, knee pain, arm pain, leg pain, shoulder pain, and any other movement related pain may benefit from dry needling after a comprehensive evaluation by a specially trained physical therapist.

While many people experience an immediate decrease or relief of pain, it is important to note that dry needling is used as part of a more complete physical therapy treatment plan. Once pain is reduced, improvement in movement can occur and your recovery process becomes much shorter. In order to prevent the trigger points from returning, your therapist will guide you to perform important exercises and techniques that will help you stay pain-free. Talk to your healthcare professional to see if your pain can be relieved from this type of physical therapy!

When you need Rehab ... You need FirstHealth.

Moore Rehab (located in FirstHealth Fitness – Pinehurst)
170 Memorial Drive • Pinehurst, NC 28374
Phone: (910) 715-1825 Fax: (910) 715-1858

Aviemore (located on Aviemore Drive)
12 Aviemore Drive • Pinehurst, NC 28374
Phone: (910) 295-0660 Fax: (910) 715-2626

Raeford (located in FirstHealth Fitness – Raeford)
313 Teal Drive • Raeford, NC 28376
Phone: (910) 904-7407 Fax: (910) 904-7425

Richmond (located in FirstHealth Fitness – Richmond)
120 Richmond Memorial Drive
Rockingham, NC 28379
Phone: (910) 410-9539 Fax: (910) 410-0376

Sanford (located in FirstHealth Fitness-Sanford)
2925 Beechtree Drive • Sanford, NC 27330
Phone: (919) 774-1595 Fax: (919) 774-0990

Troy (located in FirstHealth MMH Outpatient Department)
520 Allen Street • Troy, NC 27371
Phone: (919) 571-5129 • Fax: (910) 571-5136

For more information about Dry Needling, contact Moore Regional Hospital Rehab Administration at (910)715-1600.