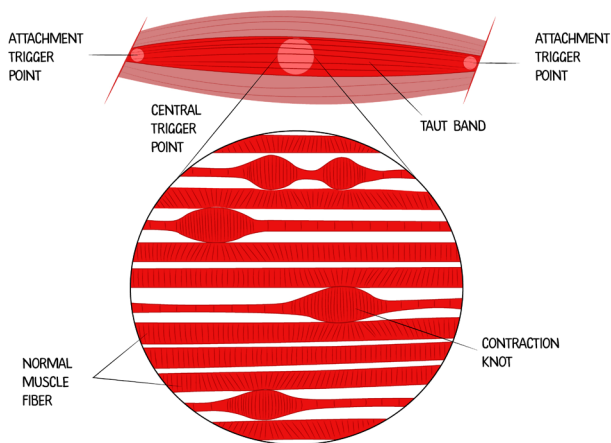


What is Triggerpoint Dry Needling?

Triggerpoint dry needling (TDN) is a therapeutic tool used by physical therapists to address chronically tight muscles by targeting myofascial trigger points. These points may produce local or referred pain, as well as muscle weakness, restricted range of motion and reduced function.



TDN involves using a thin needle to target myofascial trigger points. These points are caused by a taut band within the muscle after unaccustomed loading of a muscle, sustained postures or repetitive low load stress. The taut band constricts the area reducing blood flow, lowering pH, and activating pain receptors in the muscle. The mechanical stimulation of a needle into the taut band may help reverse this as it generates a local twitch response which has been shown to reduce pain and restore function back to the muscle.

Procedure

- The TDN trained physical therapist, will assess your body for myofascial trigger points and discuss if you are appropriate for the treatment.
- You will sign a consent form as this is an invasive procedure.
- The area to be needled will be exposed and cleaned with an alcohol swab.
- The therapist will insert a thin needle to reach the taut band within the muscle. This may produce an

involuntary twitch within the muscle. The therapist will try to obtain as many twitches at each point possible for the best results.

- Occasionally, if the technique is too uncomfortable for the patient, the therapist may add on electrical stimulation to the treatment. Research has shown that TDN has the best outcomes when the patient is compliant with their prescribed exercises.

Post Needling Instructions

- You might be sore following your treatment. This is normal as we used the needle to reset your muscle.
- To reduce soreness, we recommend you increase your water intake over the next 24 hours, and apply heat to the area to improve blood circulation to the affected muscle.
- You may exercise as usual.
- It is best to avoid ice or the use of NSAIDs for post-TDN tenderness if possible.

