



## Myofascial Dry Needling - What to expect during and after your treatment

Myofascial dry needling uses acupuncture needles to 'deactivate' trigger points within the muscle, tendon or ligament being treated. The deactivation occurs via the nervous system, thus reducing the spasm or tightness in the muscle. It is a very effective technique for reducing chronically tight muscles and joints, as well as reducing pain.

Dry needling is not Acupuncture, although acupuncture needles are used. It is a western medicine developed treatment that originates from research done by doctors Travell and Simons in myofascial pain referral. Peter uses a gentle form of dry needling and doesn't involve repeated plunging of the needles.

### During Treatment

Very fine filiform acupuncture (single use) needles are inserted into the trigger points within the affected muscle or tendon. When insertion occurs a dull ache or a twitch may be felt in the muscle fibres. Sometimes the pain referral pattern associated with the trigger point may be reproduced. Very rarely there may be a small initial singing sensation when the needle penetrates the skin, this is rare. The needle is then left in situ for between 10-20 minutes. On occasion an Acustim device may be attached to the needles providing an increased input into the nervous system to create a greater release of the trigger point. This is done in preference to repeatedly plunging the needle which can be unpleasant and leave you sore the next day.

Your initial treatment will be conservative with respect to the number of needles used. This done because each persons response to the treatment is different during and afterward. Please note a "shotgun" approach is not used. The active trigger points are specifically identified with palpation then treated.

Once the dry needling treatment is done it is followed with massage therapy on that area which helps reduce any post muscle soreness and helps improve the outcome.

### Post Treatment

Initially after the treatment you should experience a level of reduction in muscle spasm and pain referral. This of course will be dependent on the condition, and how long it has been present. It is not unusual to experience a dull mind ache in the region of treatment. This may be intermittent and is usually very mild, sometimes lasting for 8-12 hours, and is completely normal.

Gentle mobilization and stretching may be done the following day to enhance recovery of the muscles treated. Please avoid strong or excessive stretching as this can potential reactive the very trigger points that have been treated, bringing symptoms back. Of course if you are an athlete and having treatment to improve performance this may not apply to you. However while dry needling defiantly improves range of motion and flexibility, like deep tissue massage, it can slightly reduce muscle efficiency which may be relevant if you are an professional athlete.

Because each person is unique in their response to dry needling, the number treatments required will be dependent on the condition you present with and how long it has persisted. Some people get good resolution after one to two treatments but with chronic conditions it may take upwards of six or more treatments.

This treatment option is available as part of your remedial massage treatment with no additional cost.

