



Sterner Physical Therapy

Dry Needling

What is Dry Needling?

Dry Needling is a specific treatment techniques that uses a solid filament needle to treat muscle trigger points which are creating pain and discomfort.

A muscle trigger point is a highly localized, hyper-irritable spot in a palpable, taut band of skeletal muscle fibers. These muscle trigger points – which are located throughout the human body – play a role in producing and sustaining feelings of pain and discomfort.



Trigger points develop in muscle for various reasons including referred or local pain, inflammation, tissue injury or other causes. Studies from the United States have shown that trigger points were the primary source of pain in as many as 85% of pain-related appointments with a primary care doctor.

How Dry Needling Works

The mechanical stimulation of the muscle produces a local twitch or rapid depolarization of muscle fibers. After this process the muscle activity dramatically reduces resulting in relaxation and decrease in pain and dysfunction. The decrease in pain is related to the removal of muscular compression on joint, nerve and vascular tissue. Occasionally, insertion of the needle will also reproduce “referred pain” symptoms. This is often a positive sign confirming the trigger point as being the cause of the pain. It is theorized that Dry Needling also stimulates release of endogenous opioids, and initiates a “new healing process”.



At Sterner Physical Therapy, Dry Needling is prescribed as a part of an overall care plan

At Sterner Physical Therapy, Dry Needling is a natural extension of quality hands on therapy. To be effective, Dry Needling should not be performed as an isolated treatment, but as part of a comprehensive care plan; it is another very specific tool to reduce pain and help patients to better tolerate their physical therapy and tailored exercise plan.

Successful Dry Needling must be administered by a highly skilled manual therapist, with advanced training in anatomy and musculoskeletal function and dysfunction. At Sterner Physical Therapy, only our most experienced manual physical therapists are selected and trained to perform Dry Needling therapy.

When Sterner Physical Therapy prescribes Dry Needling physical therapy

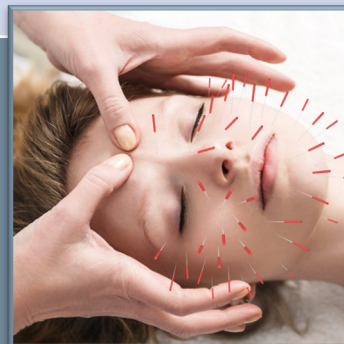
Dry Needling physical therapy will not replace the hands on approach to physical therapy but will be an adjunct to our current level of care. It is another very specific tool to help reduce patients pain which will allow the patients to tolerate their exercises much better.

To truly be successful at this type of therapy, the therapist must first and foremost be skilled manual therapist, as the techniques require very specific palpation skills and excellent knowledge of anatomy.



Sterner Physical Therapy

Dry Needling	Acupuncture
Medical diagnosis is necessary	Medical diagnosis not relevant
Medical examination imperative	Medical examination not applicable
Needle insertion based on musculoskeletal trigger points	Needle placement according to traditional Chinese Medicine philosophy into non-scientific meridians
Knowledge of anatomy essential	Knowledge of anatomy not applicable
Prompt subjective and objective signs and symptoms change	No immediate objective change anticipated



Dry Needling vs. Acupuncture

While Dry Needling uses the same tool as acupuncture – it is with a different theoretical purpose. Dry Needling is based on traditional, studied and tested practices of Western Medicine to restore normal muscle function. Traditional acupuncture practitioners follow Eastern Medicine's key principle of holistic treatment, and is based on normalizing the energy imbalance, or Chi, in the body to cure syndromes.

Further, the amount of formal training received by Sterner Physical Therapy's therapist is extensive. Our physical therapists have undergone thousands of hours of training, successfully passed regulated board exams, and have a thorough knowledge of a patient's condition.

Frequently asked questions about Dry Needling at Sterner Physical Therapy

Does Dry Needling hurt?

Typically, patients will feel some level of discomfort, but it is short-lived. If one does not feel the treatment at all, it is not yet working.

Is Dry Needling safe?

We go to great lengths to ensure safety. Sterner Physical Therapists have all passed their necessary board exams, and have an exhaustive understanding of anatomy. In fact, Sterner Physical Therapists have four times more training and education than the national average for all physical therapists. We apply OSHA standards, use personal protective high-quality equipment, and proudly hold to the highest standards of safety.

How is Dry Needling different from Acupuncture?

Dry Needling is based on traditional, studied and tested practices of Western Medicine to restore normal muscle function. Traditional acupuncture practitioners' follow Eastern Medicine's key principle of holistic treatment, and base their practice on "normalizing the energy imbalance," or Chi, in the body to cure syndromes.

Sterner Physical Therapy prescribes Dry Needling within medically-proven and measurable parameters, in accordance with our advanced training in musculoskeletal function. Sterner therapists that perform Dry Needling therapy have successfully passed regulated board exams, and have a thorough knowledge of a patient's condition based on in-depth and ongoing assessments and



How will I feel after having treatment done?

There may be some soreness immediately after treatment in the area of the body that was Dry Needled. This is normal, although does not always occur. Occasionally, soreness develops a few hours later, or even the next day. The soreness may vary depending on the area of the body that was treated, and also varies person-to-person, but typically it feels like you have had an intense workout at the gym. Occasionally patients will experience some bruising with this soreness. A patient may also feel tired, nauseous, emotional, and/or somewhat "out of it" after treatment. This is a normal response that only lasts an hour or two after treatment.

How many sessions of Dry Needling will I need?

Sterner Physical Therapy Dry Needling patients average 4-6 sessions. Often we will use Dry Needling once or twice per week.

Will Dry Needling be done at my first appointment?

We often use Dry Needling at a patient's first appointment. If we feel Dry Needling would benefit a patient, we introduce Dry Needling at the initial appointment, educating on the procedure, benefits, risks and side effects.



Stern Physical Therapy

Stay at the Top of Your Game

Here's what makes Stern Physical Therapy better

1. YOU WILL RECEIVE HANDS ON TREATMENT FROM A LICENSED PHYSICAL THERAPIST AT EVERY VISIT

Unlike most PT organizations, at Stern Physical Therapy a licensed physical therapist is always part of your care team, providing experience, knowledge and hands on treatment. This personalized approach ensures your care plan progresses with you, so every visit builds on the last and you get better faster.

2. YOU WILL RECEIVE TREATMENT FROM THE VERY BEST

Every person in Stern Physical Therapy is highly trained and dedicated to creating a positive experience and caring environment. In fact, every Stern physical therapist receives extensive continuing education, with a concentration on advanced manual therapy techniques. Our manual therapy training provides significantly higher patient outcomes than other practices for all orthopedic issues, from

3. WE MAKE IT EASY

We offer convenient hours (including before work). We spend time educating patients on exercises and never overwhelm them with pages of homework. Each visit you will be given only 2-3 exercises to focus on to progress your recovery. We communicate with patients between visits to answer any questions they may have.



STERNER PHYSICAL THERAPY

OUR SERVICES

- Manual Therapy
- Dry Needling
- Orthopedic Injuries/Pain
- Sports Training
- Sports Injury
- Post-Operative Rehabilitation
- Therapeutic Exercise
- Balance Training
- Vertigo & Concussion Rehab
- Migraine & Headache Treatments



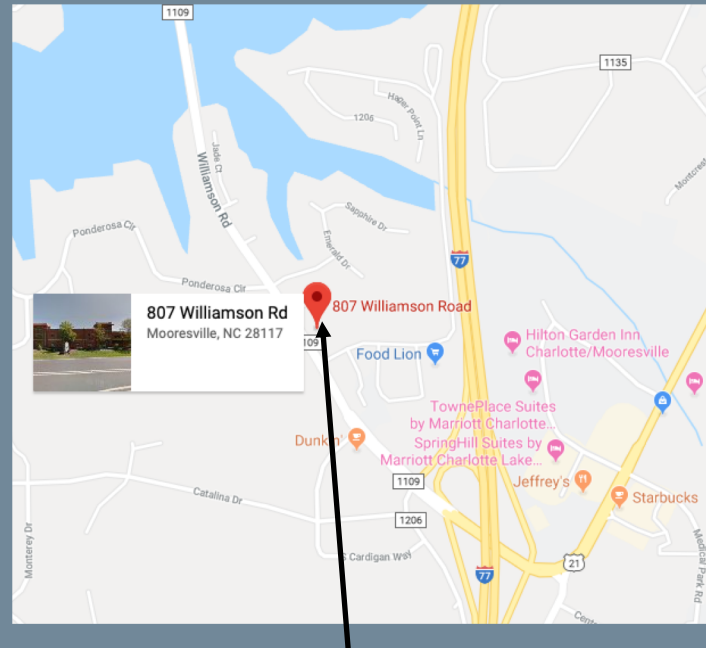
Dry Needling is most effective treatment for all musculoskeletal problems I have ever used with my patients. If you have tried other conservative treatments without success, call us today to learn more about how we can help!



Sterner Physical Therapy

CONDITIONS

- Headaches
- Dizziness
- Neck Stiffness
- Low Back Pain
- Shoulder Pain
- Rotator Cuff Impingement
- Tennis Elbow
- Knee Pain
- Sciatica
- Muscle Strains
- Muscle Stiffness
- Sports Injuries
- Sports Performance
- Plantar Fasciitis
- Many other musculoskeletal conditions



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Sterner Physical Therapy

→ DRY NEEDLING ←

ALL OF YOUR QUESTIONS ANSWERED

NATURAL PAIN RELIEVER

resets the pain cycle

INITIATES TISSUE REPAIR

creates an immune response

INCREASES BLOOD FLOW

RELEASES TRIGGER POINTS

hard knots