

WHAT THE
PATIENTS ARE SAYING....

“The dry needling seemed to work fast at relieving my pain.”

“The dry needling helped my muscles loosen & feel more relaxed. I think it helped to relieve the pain in the long run.”

“I have never had instant relief in my shoulder muscles as much as dry needling gave me.”

“Dry needling has been a major part of my recovery process. It has helped the tightness in my muscles, sciatic pain, and joint stiffness. I highly recommend it.”

“I went home and felt like a new woman after my first treatment with dry needling.”



Kathy Cooper, PT, DPT, TPS



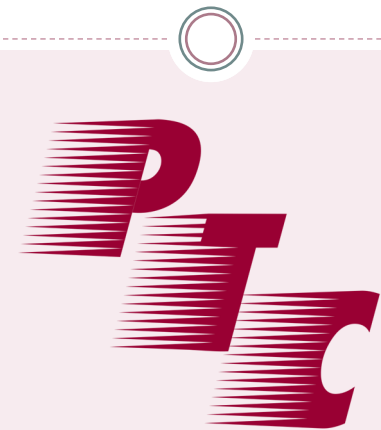
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Dry Needling



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Functional Dry Needling

Dry needling is a skilled intervention that uses a thin filiform needle to penetrate the skin and stimulate underlying tissues for the management of pain and movement impairments.

Dry needling is a technique used to treat dysfunctions in the tissues of the body to reduce and restore impairments of body structures and function, which in turn leads to improved activity and participation.

Areas of the body that can be Dry Needled

- Shoulders
- Arms
- Hands
- Upper and lower back (avoiding ribcage area)
- Glutes
- Thighs
- Calves and lower legs
- Feet
- Cesarean Scars

Patients are always treated with signed consent. Functional Dry Needling is a very safe procedure with few reported complications. With any needle treatment, there are possible complications.

There are a few conditions not appropriate for FDN...

If pregnant, avoiding abdomen area

If on blood thinners, other precautions are evaluated

History of pneumothorax, no FDN performed

If cosmetic implants are present in the area

Functional dry needling is a simple looking modality that looks very similar to acupuncture, considering we use similar equipment. In dry needling, we are using a monofilament small diameter needle to be placed in a particular muscle. The needles may vary in length. The needle length is determined by the depth of the muscle that is being treated. The theory behind FDN is very complex, but we do our best in explaining the science & research to behind it to ensure you are comfortable.

