

## DRY NEEDLING

The information in this document is provided to inform you about dry needling.

### What is dry needling?

Dry needling is an effective and efficient technique for the treatment of muscular pain and myofascial dysfunction. Dry needling or intramuscular stimulation (IMS) is a technique used by a variety of health professionals worldwide. Dry needling is extremely effective for relaxing overactive muscles, which contain trigger points. In simple terms, the treatment involves needling of a muscle's trigger points without injecting any substance.



### Is dry needling safe?

- Dry needling is appropriate for nearly all people who do not have significant needle phobia or other anxiety about being treated with needles
- Dry needling is a safe and effective treatment option
- You will see benefits in range of motion and joint use right away, it's normal that it may take several dry needling therapy sessions before the muscle is fully functional again
- A local twitch response is a therapeutic response that serves as a sign that the needle has hit the trigger point, therefore it's a common and desirable reaction

## DRY NEEDLING

### Cautions:

- Dry needling may deliver unintended side effects, such as pain at the area of needle insertion, muscle soreness, fatigue and bruising

### Your Physiotherapy treatment will aim to:

- Reduce pain
- Improve movement
- Speed up the recovery process

**Contact:** Physiotherapy Department    **Tel:** (03) 5143 8560