

Dry Needling: Could it help you?

Dry needling is performed with the goal of releasing or inactivating trigger points to **relieve pain** or **improve range of motion**.

Research studies support that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates (sites at which nerve impulses are transmitted to muscles). This can help speed up your return to active rehabilitation and recovery of function/mobility.

When dry needling is utilized by physical therapists it is typically one technique that is part of a larger, more comprehensive individualized treatment plan.



Find Relief



LEARN MORE

Beebe Physical
Rehabilitation Services
(302) 645-3933

[BeebeHealthcare.org/
dry-needling](https://BeebeHealthcare.org/dry-needling)



What is dry needling?

Dry needling is a technique physical therapists use for the treatment of pain and movement impairments. The technique uses a “dry” needle (a needle without medication or injection) inserted through the skin into areas of our muscles known as “trigger points.”

What is a trigger point?

A trigger point is a taut band of skeletal muscle located within a larger muscle group. Trigger points have different structural, chemical, and electrical properties than normal healthy muscle and are often tender to the touch. Palpating, or touching a trigger point, may cause referred pain to surrounding areas.

Is dry needling the same as acupuncture?

Dry needling technique should not be confused with an acupuncture treatment performed by a licensed acupuncturist. Dry needling is based on modern Western medicine principles and anatomy.

What kind of needles are used?

Dry needling involves a thin filiform needle that penetrates the skin and stimulates underlying myofascial trigger points and muscular and connective tissues.

Who performs dry needling at Beebe?

Beebe Physical Rehabilitation services currently have physical therapists trained and certified in dry needling at all of our outpatient locations: Georgetown, Millville, and Rehoboth.

Need more information?

Call (302) 645-3933 or go to BeebeHealthcare.org/dry-needling.