



TAI CHI & QI GONG FOR HEALTH

What is Dry Needling?

Dry needling is the treatment of muscle pain using acupuncture needles.

Which conditions respond well to Dry Needling therapy?

Because muscles are almost always involved in the most common physical injuries, Dry Needling can help with conditions such as low back pain, neck pain, tension headaches, shoulder pain, carpal tunnel syndrome, golfer's elbow, tennis elbow, knee pain, ankle sprains, post exercise muscle soreness, plantar fasciitis, muscle tension/strains & joint stiffness.

How does it work?

Dry needling works by relaxing muscle fibres, reducing pain & restoring normal function. It has wide ranging effects including improving joint mobility, restoring muscle strength, reducing muscle pain & even reducing inflamed soft tissues following acute injuries.

What if I don't like needles?

Our therapists are trained to deliver the most effective Dry Needling treatment using the minimum intervention. We have many options to moderate pain arising from Dry Needling; these options include the diameter of the needles, depth of insertion, the delivery method, duration of insertion and the type of needle. All of our acupuncture needles are of the highest quality, sterile & are single use.

What's the difference between Dry Needling & Acupuncture?

Both Dry Needling & Acupuncture use a fine filament needle or Acupuncture needle. However, Dry Needle is used to treat muscle pain & Acupuncture is used to treat general health conditions.

How will I feel after Dry Needling Therapy?

Most patients will respond very favourably to Dry Needling therapy. In the same way that you feel a degree of soreness after a manual therapy treatment you may also feel sore after Dry Needling. However the soreness should only last for 12-24 hours.

Is Dry Needling safe?

Dry Needling is very safe. In a study (Brady et al. 2013) of 7629 treatments which recorded the possible adverse events related to using Dry Needling, it was found that Dry Needling had a very low

percentage of serious outcomes (0.04%) as compared with the possible serious adverse reactions resulting from taking Aspirin (18.7%) & Ibuprofen (13.7%).

How many treatments will it take to get better?

Your prognosis is dependent on many factors including the length of time you have been complaining of pain, previous treatments, your general health, previous medical history & any medications you might be taking. Most patients will find benefits from Dry Needling therapy after 3-5 treatment sessions.

However, this time period may vary according to the factors mentioned above. Your therapist will discuss the anticipated duration of your treatment with you before proceeding with your recommended management plan.

Can I refuse to have needling & request another treatment option?

Yes. After taking a full case history and examining the area of your pain or discomfort, your therapist will discuss the best treatment options for your particular presentation. Before proceeding with any treatment we will ask your written & verbal consent before we commence your treatment plan.