

# DRY NEEDLING

Get to the POINT!



DeWitt Chiropractic  
*Spine & Sports*

Jay M. DeWitt, DC, DACBSP, CSCS

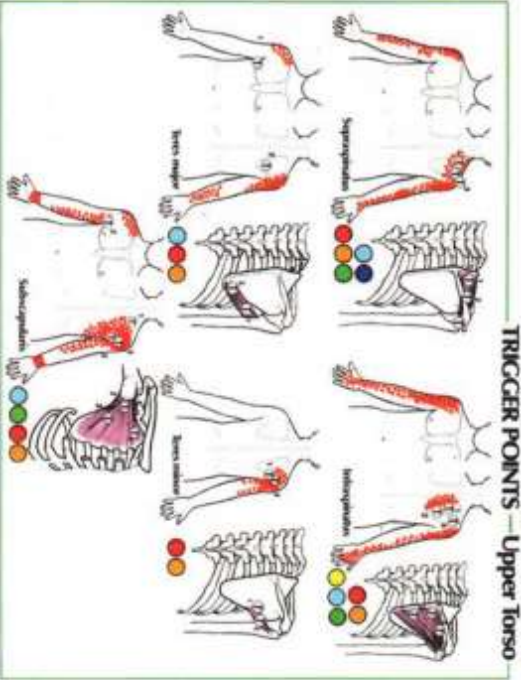
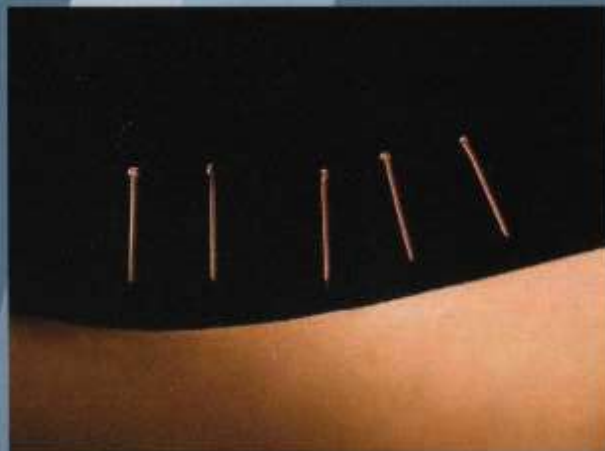
(419) 692-BACK (2225)

The Intersection of Wellness + Performance

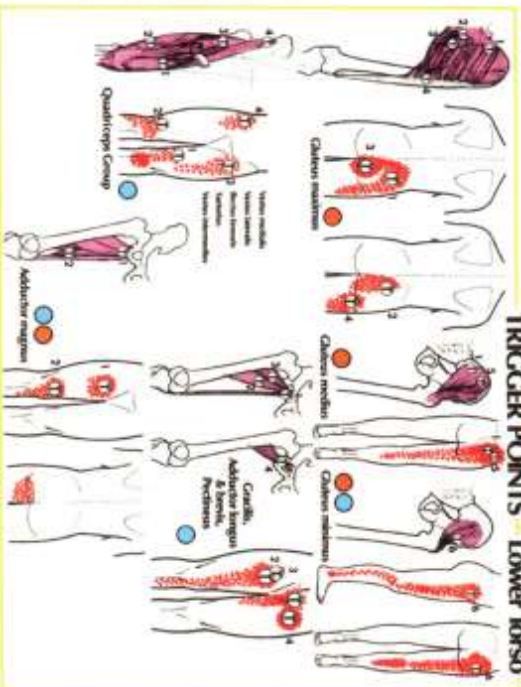
DeWitt Chiropractic  
150 W. Fifth St.  
Delphos, OH 45833  
(419) 692-BACK (2225)

## Office Hours

Day	Hours
Monday	8-12, 2-6
Tuesday	8-12, 2-5
Wednesday	8-12, 2-6
Thursday	8-11 (closed June 1-Oct 1)
Friday	8-12, 2-5
Saturday	8-11
Sunday	Closed



TRIGGER POINTS — Upper Torso



TRIGGER POINTS — Lower Torso

Dry needling is a highly effective form of therapy for the treatment of a number of musculoskeletal and neuro muscular conditions. However, it is not appropriate for all conditions.

Dr. DeWitt will discuss with you what conditions are appropriate for treatment with dry needling.

### How does dry needling work?

Dry needling is **not** acupuncture (traditional Chinese medicine), it is based on neuroanatomy and modern scientific study of the musculoskeletal and neuromuscular systems. A very fine filament needle is inserted through the skin and into the deeper tissues that are considered trigger points to your pain. Dry needling works by causing a micro-lesion in the pathological tissue thus breaking up shorten tissues, inhibiting a reflex arc from the nervous system to the tissue, normalizing the inflammatory response, and centrally mediating pain. This mechanical and neuromuscular effect provides an environment that enhances the body's ability to heal which ultimately reduces pain and restores function.

### Is the procedure painful?

The fine filament needle is very thin, solid and flexible, which allows the needle to be pushed through the skin versus cutting the skin. This helps reduce any discomfort that may occur with the procedure. We strive to make the treatment virtually painless however at times a local twitch response of the muscle maybe felt. When the needle is inserted into the pathological tissue, the local twitch response sensation is normal and is felt only momentarily. Many patients describe this twitch response as a little electrical shock, cramp or an ache sensation. These sensations are perfectly normal and even a desirable response. Dr. DeWitt we'll make every effort to make your experience comfortable and therapeutic.

### What conditions can be treated?

Conditions include, but are not limited to neck pain, back pain, shoulder pain, arm pain (tennis elbow, carpal tunnel, golfers elbow), headache (migraines and tension type), jaw pain, buttock pain and leg pain (sciatica, hamstring strain, calf tightness).

### How will I feel after treatment?

This will vary but many patients experience immediate relief of their symptoms and an increase in range of motion. Soreness can also be a common response from the kneeling but does not occur with all people. Some individuals may experience an immediate achiness for a delayed soreness the next day. The soreness, if present, will usually last 1 to 2 days, use of heat and gentle massage and movement will be beneficial. Mild bruising may occur at the needle sites and is more prevalent at certain parts of the body. Larger bruising may also occur, but is rare. Application of ice on the bruise will help with the soreness and the skin discoloration will last several days but is not harmful.

It is uncommon but possible that the treatment may temporarily increase your symptoms. If this does occur and the increase in symptoms continues past the 1-2 day window, inform Dr. DeWitt to allow for adjustment of your treatment to enhance your comfort the next time. Please note, this does not mean needling will not be beneficial.

### Are the needles sterile?

Yes, we only use sterile disposable needles.



### What is a trigger point?

Active trigger points consist of multiple contraction knots within a muscle, and they can develop due to injury, musculoskeletal dysfunction and overuse. Active trigger points impair a person's ability to lengthen, strengthen or contract the muscle. As a result, the muscle shortens and compresses the structure around it causing pain.

### When I am feeling better, how often do I need to return for "tune-ups"?

The musculoskeletal system is under constant pressure (due to work, gravity, stress, etc.), but good posture and a regular exercise program can help prevent many problems. If the pain comes back, you may need to schedule a few "tune-ups" to treat that pain and prevent serious injuries.

\* **Treat Acute & Chronic Pain**

\* **Improve Function & Mobility**

\* **Correct Posture & Alignment**

# Dry Needling FAQs

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