



NEWSLETTER

December 2009 #8

Trigger Point Dry Needling

Trigger Point Dry Needling (TPDN) otherwise known as Intramuscular Stimulation (IMS) is a treatment for relieving pain caused by muscular tightness and spasms which commonly follows injuries and often accompanies the degenerative processes. Combining the trigger point dry needling techniques with other manual and rehabilitative methods has shown to be very effective in the treatment of chronic pain and speeding up the recovery time. TPDN can help relieve pain associated with carpal tunnel, tendonitis, and osteoarthritis of various joints. The treatment is also effective with decreased mobility, chronic and acute pain syndromes.

How Trigger Point Dry Needling Works

Trigger point dry needling utilizes a very thin filament needle. The needle used is similar to an acupuncture needle but this treatment is not considered acupuncture and is based on Western physiologic approaches. The needle is inserted into the trigger point and a local twitch response is ideally elicited. This twitch response is an involuntary contraction of the muscle that allows the muscle to relax. Sometimes electrical stimulation is applied to the needle to elicit these twitches to help the muscle relax as well. The theory behind dry needling is that it works by disrupting a reflex arc of contracted tissue as well as stimulating biochemical changes to allow improved blood flow and healing to the area.

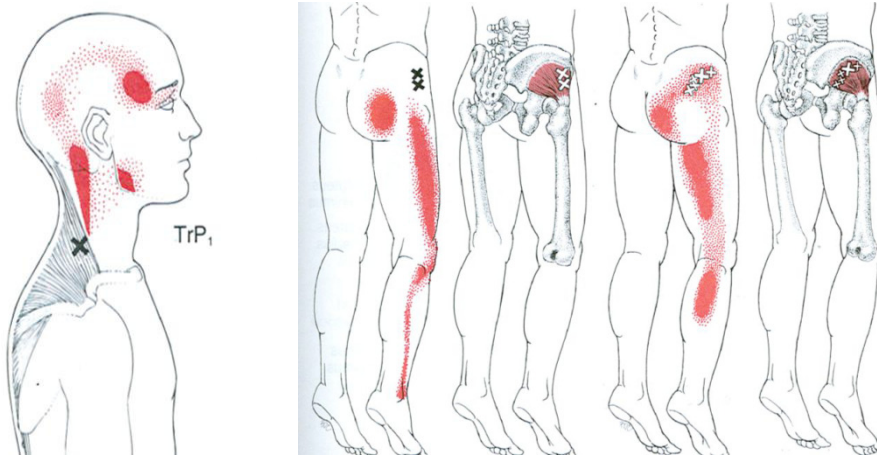
What Are Trigger Points?

Trigger points are hyperirritable contraction knots found in tight bands of muscles. These points are usually associated with muscle tightness and pain. Trigger points can affect the local area of pain but also can refer to other parts of the body which can all effect strength, flexibility, and coordination of muscles.

What Does It Feel Like?

The filament needle is very different than the hypodermic needle you would see at a doctor's office. A filament needle is very thin, solid, and flexible vs. a hypodermic needle which is relatively thicker, hollow and has a blade tip. The filament pushes through the skin vs. cutting through the skin like a hypodermic needle would. The filament needles' properties lend themselves to a much more comfortable entry. After the dry needling

treatment, immediate improvement can be noted. However, soreness is usually accompanied, which can last on average 1-2 days, followed by relief of symptoms.



What Conditions Can Be Treated?

- - Neck and mid-back pain
- - Hamstring and lower back problems
- - Chronic pain syndrome
- - Many other pain related symptoms that may not have resolved through traditional treatment methods
- - Headaches and migraines
- - Muscle tightness
- - Sports injuries

To learn more on how we can help you with Trigger Point Dry Needling for you or a family member, please give our office a call and ask for one of our Physical Therapist. Steve Coppola and Donna Devitte are available at our Concord office, Kristine, “KK” Helling at our NEW Tilton office and Steve Gordon at our Candia location.

For additional information about our locations and services, please visit our updated web site:

www.coppolapt.com

Three Convenient Locations:

PHYSICAL THERAPY

171 Pleasant St

Concord, NH 03301

(603) 228-7500

Email: kk@coppolapt.co

PHYSICAL THERAPY & FITNESS GYM

143 Raymond Road Unit 8

Candia, NH 03034

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