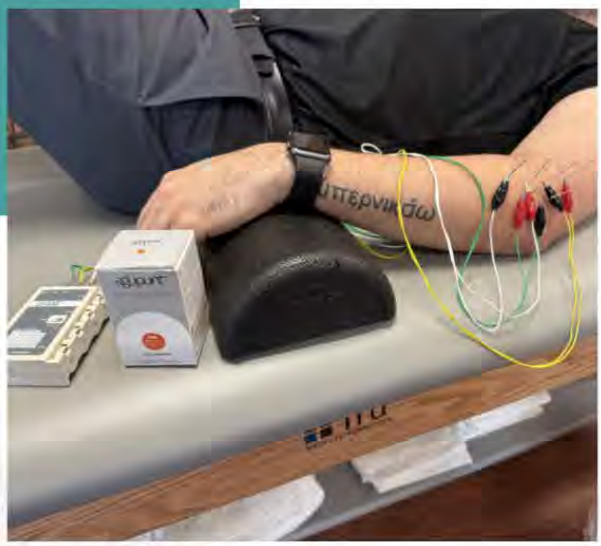
DRY NEEDLING



WHAT IS DRY NEEDLING?

Dry Needling is a skilled intervention that helps treat pain and movement impairments. The filiform needles are used to penetrate the skin and stimulate myofascial trigger points, muscle, fascia, bone, tendons, ligaments and surrounding nerves. This helps to decrease muscle tension, improve range of motion, decrease local and referred pain, increase blood flow and stimulate a healing response. Electrical stimulation can also be applied to these needles which can further enhance the effects.

Physical Therapists must have a Dry Needling Certification to perform this intervention. To obtain certification, they are required to complete 50 hours of in-person continuing education in addition to 25 Dry Needling sessions under the supervision of an already certified Physical Therapist. The State of Florida also requires physical therapists to be practicing for at least two years before they can obtain a Dry Needling Certification.

WHO CAN BENEFIT?

Many patients can benefit from Dry Needling. It is beneficial for many conditions/injuries including:

- Plantar Fascitis
- Achilles Tendinopathy
- Posterior & Anterior Tibialis Pain
- Patellar Tendinitis
- Quadracep Tendinitis
- ITB Syndrome
- Knee OA
- Gluteal Tendinitis
- Hip Bursitis
- Hip Flexor Tendinitis
- Hip OA
- Lumbar Radiculopathy
- Lumbosacral Muscle Pain
- Thoracic Muscle Pain
- Scapular Pain
- Rotator Cuff Tendinitis
- Bicep Tendinitis
- Medial Epicondylitis
- Lateral Epicondylitis
- Cervical Pain/Headaches
- Cervical Radiculopathy

BENEFITS

- Increase blood flow & isolate inflammation to a specific area to promote a healing response without medication
- Decrease “trigger points” of musculature to increase pain free motion
- Decrease local & referred pain dependent upon injury

COST

- Dry Needling **IS NOT** covered by insurance
- Out-of-pocket cost in addition to any charges for PT services (copay, coinsurance, deductible, etc.)

- If Dry Needling is combined with PT services:
  - First session is free
  - $50 for each additional session
  - $92 for each additional session for patients who chose to continue with **ONLY** Dry Needling & no PT services

- Patients who **ONLY** want Dry Needling and **DO NOT** want any other PT services:
  - $141 for initial evaluation
  - $92 for each additional visit

Ask your Physical Therapist if you are a good candidate for Dry Needling and to discuss any potential condtradictions based on your medical history.