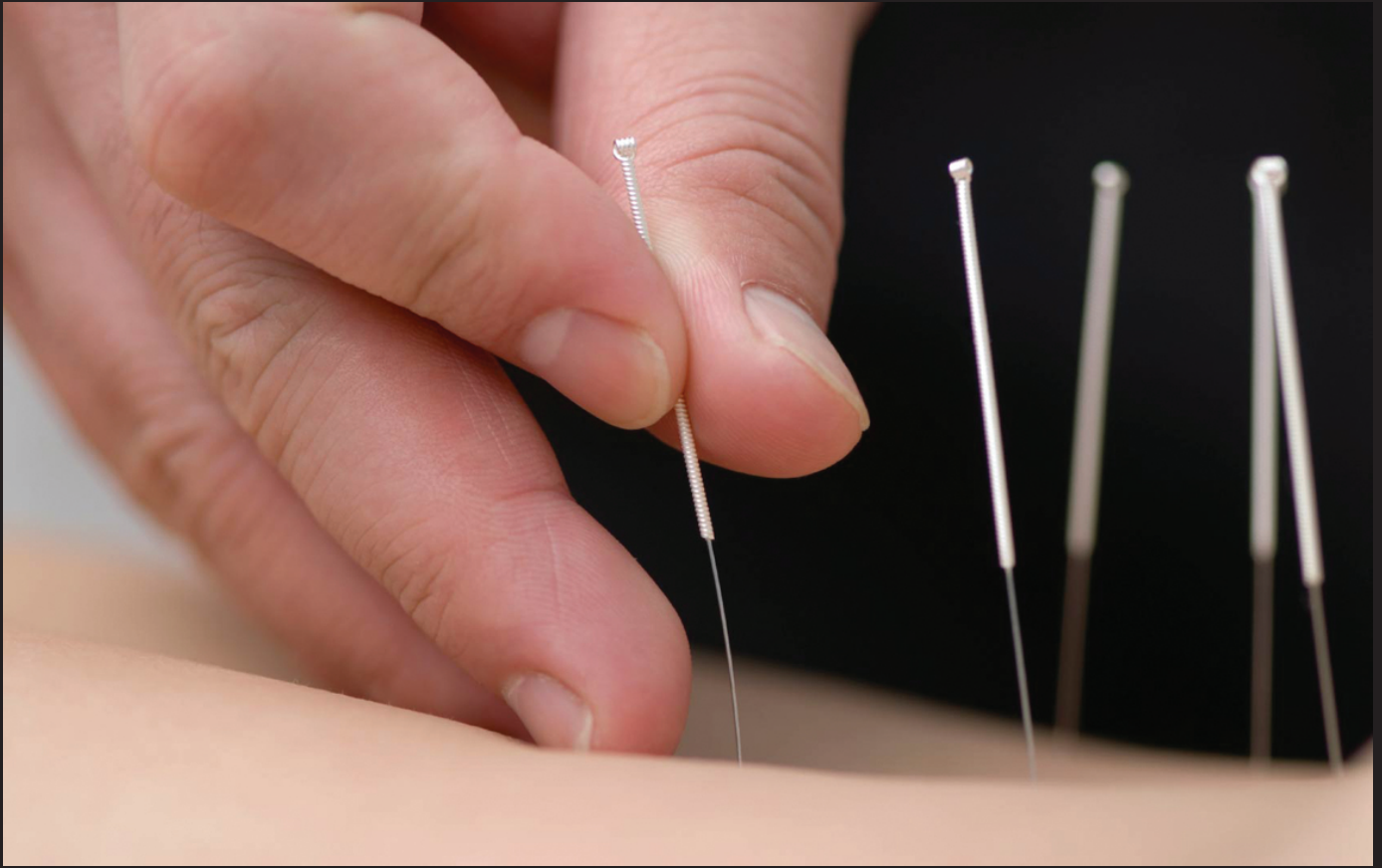


# ***What is Dry Needling?***



Dry needling is a form of therapy in which fine needles are inserted into myofascial trigger points (painful knots in muscles), tendons, ligaments, or near nerves in order to stimulate a healing response in painful musculoskeletal conditions. Dry needling is not acupuncture or Oriental Medicine; that is, it does not have the purpose of altering the flow of energy ("Qi") along traditional Chinese meridians for the treatment of diseases. In fact, dry needling is a modern, science-based intervention for the treatment of pain and dysfunction in musculoskeletal conditions such as neck pain, shoulder impingement, tennis elbow, carpal tunnel syndrome, headaches, knee pain, shin splints, plantar fasciitis, low-back pain and fibromyalgia.

It usually takes treatments of 2 times per week for approximately a month. It is covered by insurance companies.

***Call Rachel Edenfield, MSPT, DOR at 912-366-6590 for more information or to make an appointment.***



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