



Dry Needling

Dry Needling uses small therapeutic needles to stimulate a healing response in painful musculoskeletal conditions for patients. Dry Needling can help to significantly reduce pain, increase blood flow to impaired tissue, and improve mobility by decreasing muscle restrictions. Many people will have a positive response after just one dry needling session. Positive results average in 2-3 sessions and will not need more than 5-6 sessions except in rare circumstances.

The technique uses a “dry” needle without medication. It is **NOT** an injection. Needle placement takes up to 10 minutes and is performed using a very specific protocol to ensure safety and effectiveness. Once placed, your therapist will perform small adjustments to the needles during the 20 minutes they remain in place. The total treatment will take about 30 minutes. Electrical stimulation can be of added benefit, and if appropriate for your care, may be recommended by your therapist.

Dry needling is quite safe with very low risk of infection or complication when applied by a licensed Physical Therapist certified in Dry Needling. Dry needling is **NOT** acupuncture and is **NOT** based on traditional Chinese medicine. There is no altering of the flow of Qi or energy within the meridians.

If you suffer from any of the problems listed below, Dry Needling may be appropriate for you! Please discuss with your therapist if you are interested.

- Cervicogenic/Tension Headaches
- Upper Trapezius Muscle Spasm
- Rotator Cuff Injury
- Shoulder Pain
- Tendinosis in the Elbow
- TMJ
- Low Back Pain
- Sacroiliitis
- Sciatica
- Knee OA
- ITB Syndrome
- Ankle Sprains
- Plantar Fasciitis
- Tendinitis
- Post-operative Pain (10-12 weeks after surgery/surgeon consent)

Rates:

- Single session: \$80 (30 min.)
- 3 sessions: \$225 (30 min. @ \$75/ea.)
- 6 sessions: \$420 (30 min. @ \$70/ea.)

Your therapist can assist you in determining which package is best for you.

At this time, Dry Needling cannot be processed through insurance.

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A decorative graphic at the bottom right of the page consists of several overlapping geometric shapes: a large dark grey triangle pointing upwards, a green square, and a dark grey triangle pointing downwards. The text 'LET'S MOVE!' is written in white, uppercase, sans-serif font across the top of the dark grey triangle.

LET'S MOVE!