

PLAYING THROUGH

Healthy Life. Better Game.

DRY NEEDLING

Dry needling is a therapy technique used to treat muscle, ligament, or tendon pain, among other conditions. The technique involves inserting thin monofilament needles into the muscles, fascia, or other soft tissues to stimulate the body's natural healing response. The needle is "dry" because it does not contain medication or injection.

Dry needling works by targeting specific trigger points within the muscles. Trigger points are areas of hyperirritability within a muscle that can cause pain, tension, and stiffness. These trigger points can develop as a result of injury, overuse, or other cause.

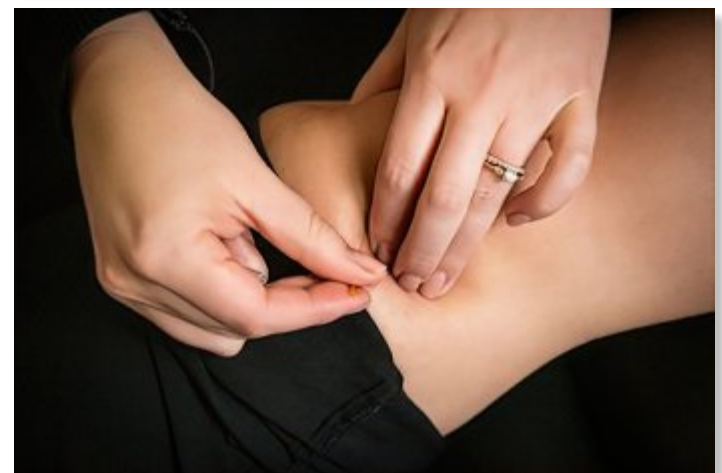
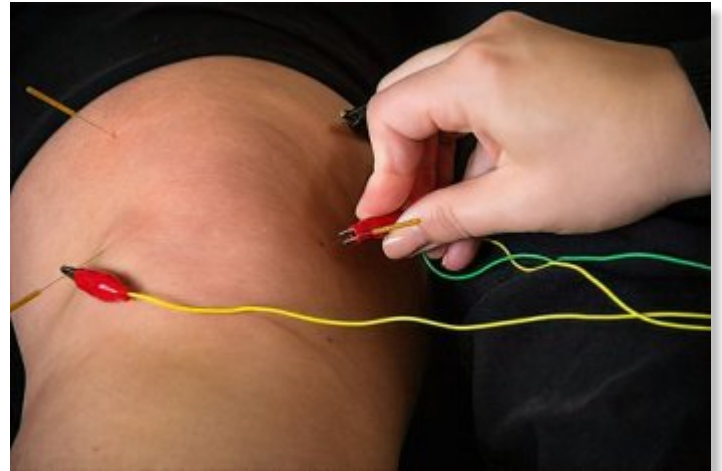
When a needle is inserted into a trigger point, it can produce a local twitch response, which is a brief involuntary contraction of the muscle. This twitch response is believed to be caused by the release of tension and the immediate relaxation of the muscle fibers. It also triggers the release of endorphins, which are natural pain-relieving chemicals produced by the body.

"I was experiencing migraines and my neck was extremely tight. I had Hailey do dry needling on me and my migraine went away pretty quickly with no withdrawal lingering headache. It felt amazing! I would recommend dry needling to anyone in pain needing relief. It helps and Hailey does an amazing job easing your mind about it." - Ashley

Additionally, the insertion of the needle can cause microtrauma to the tissue, which can stimulate the body's natural healing response. This can lead to increased blood flow, oxygen, and nutrients to the area, promoting tissue repair and regeneration.

Overall, dry needling works to improve specific areas within the body causing pain, dysfunction, and restrictions. It can be an effective technique for treating a variety of musculoskeletal conditions, including chronic pain, sports injuries, and postural imbalances.

Dry needling is often used in conjunction with other therapies, such as physical therapy or massage. It is considered a safe and effective treatment option for



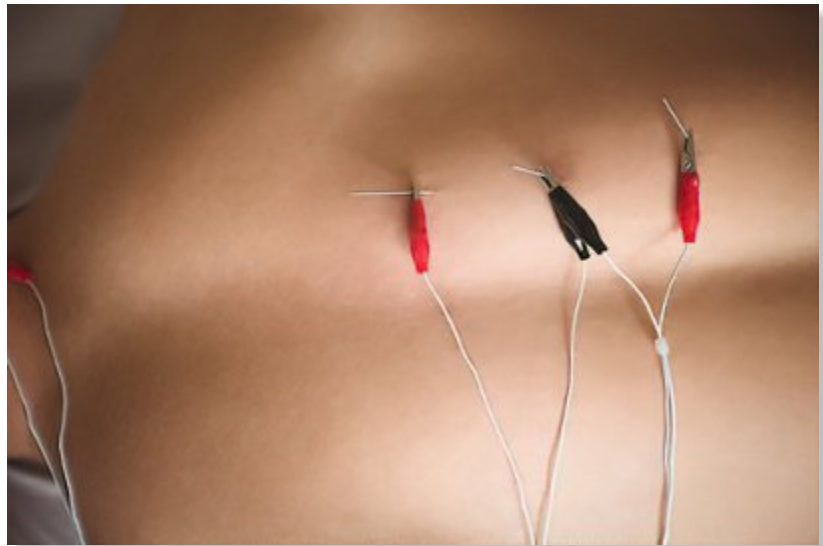
many conditions, including back pain, neck pain, and chronic headaches.

"I've had 17 years of vertebrae out of alignment in my neck, mid back and lower back. Seven years ago it said I have arthritis and signs of



degenerative disk. Recently, I learned I've got herniated disks in my neck.

So I'm in a loop of never-ending pain and just trying to find ways of managing that pain. Then I met Hailey I knew dry needling would give me about 3 months of pain relief where I wouldn't have any major migraines (since I've had it before) but Hailey is special or magic or something I don't know but ever since our first session I've been able to use my arm and shoulder in movements I previously have not been able to use for years now. I've combined my needling with Hailey with physical therapy and I've had the best results I've had in years." -Tiffani



chiropractors, or medical doctors. It is important to seek out a qualified practitioner to ensure the safety and effectiveness of the treatment.

Dry needling should only be performed by a licensed healthcare professional including physical therapists,

- with Hailey Ryle, PT, DPT for The Magnolia News



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