

Orthopedic & Sports

Dry Needling

Dry Needling in Chicago Loop, Lakeview, and Glenview

Dry needling is a technique to treat myofascial pain and muscle trigger points. A trigger point is a tense and sensitive band of muscle and can be tender to touch or refer pain to other areas.

A physical therapist will use a thin filiform needle to penetrate the skin and stimulate the trigger points and release muscular and connective tissues. The patient may feel a twitch of the muscle as it relaxes, which is the goal of the treatment. Our physical therapists use dry needling as one component of a comprehensive treatment plan. By releasing or deactivating trigger points through dry needling, they can alleviate pain, improve range of motion, and normalize muscle function, allowing you to return to activity faster.

Is Dry Needling the Same as Acupuncture?

Dry needling should **not** be confused with any type of acupuncture and is not an entry level skill. It should only be performed by physical therapists that have been certified and are proficient and qualified to perform this treatment. Dry needling technique is a modern Western medical modality that is not based on Traditional Chinese Medical acupuncture.

Is Dry Needling the Only Treatment Used During the Appointment?

As physical therapists, we address neuromusculoskeletal conditions, biomechanical muscle imbalances, postural dysfunctions, muscular flexibility limitations, strength deficits, and swollen or stiff joints... just note that all of these conditions may require much more than just dry needling. Dry needling is just one modality used in conjunction with the variety of manual therapy techniques and prescriptive exercises prescribed by your physical therapist to restore you to optimal physical function.

What should I expect before the treatment?

Prior to dry needling patients must inform the physical therapist of any medical conditions that are important to note. Such as pregnancy, use of a pacemaker or bone stimulator, use of immunosuppressant medication or of blood thinners. It is not recommended to take Aspirin, Aleve, or Ibuprofen before dry needling since they are blood thinners.

What should I expect during treatment?

A gown is provided for patients to cover areas that don't need skin exposure and for respect of their privacy. You will be in a comfortable position on your stomach, back or side. When the needle is inserted you will feel a prick and some soreness until the muscle relaxes. When the needle touches the trigger point, a local twitch response is elicited which briefly painful and unexpected. This is when the chemical are released from the trigger point.

What to expect after treatment?

You will feel temporary soreness in the needle sites which can last for a few days following treatment. This discomfort will be lessened by heat and stretching. Medications, such as, Ibuprofen, Motrin, Advil or Aleve may also help, although you should consult with your physician before taking any medications. One should always wait 24 hours before taking the above mentioned medications to allow the natural coagulation process to occur after dry needling. These medications have a blood thinning agent that should be avoided the day of needling.

The following therapists are certified in dry needling:

Physical Therapists in Lakeview:

- Dr. Danielle Gurevich
- Dr. Sarah Naehar

Physical Therapists in Glenview:

- Dr. Joseph Ascher
- Dr. Danielle Gurevich

Physical Therapists in Chicago Loop:

- Dr. Jon Artus

Insurance coverage for dry needling techniques varies by the plan. Consider calling your insurance company to confirm that they cover CPT codes 20560 and 20561.

Please call (773) 665-9950 for more information or to schedule an appointment.