



UNCOVER LONG-
LASTING PAIN RELIEF
WITH DRY NEEDLING



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UNCOVER LONG-LASTING PAIN RELIEF WITH DRY NEEDLING

Is pain preventing you from following through on your daily routine? Do you find yourself on the sidelines, watching as life goes by? If a painful condition has left you feeling frustrated, know that relief is possible with dry needling therapy.

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility.

It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendonitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

If you are dealing with one of these conditions and you're looking for relief, or if you'd like to gain more information on how dry needling could benefit you, contact Loudoun Physical Therapy today!

What Exactly Is Dry Needling?

This treatment method is used by our licensed physiotherapists as a way to relieve pain. When performing dry needling, our physiotherapist will insert a sterile acupuncture needle through the skin, into the underlying tendons, ligaments, or muscles that have been affected, in order to relieve pain, decrease muscle tension, and improve mobility.

Muscles can develop knotted areas known as trigger points. When these trigger points are touched, they can be extremely painful. They are also frequently the source of referred pain (or pain that affects another part of the body). Clinicians insert thin, solid needles into trigger points in the skin. The

needles are not used to inject medication, but rather to stimulate the tissue.

The way your body moves is affected by pain. Dry needling is thought to alter the way the brain and muscles communicate with one another, allowing the system to return to a more normal movement pattern.

While it is a common misconception, dry needling is not acupuncture. It is based on a modern scientific study of musculoskeletal and neuromuscular systems. While there are some similarities, dry needling is strictly based on Western medicine principles and research. It provides an environment that enhances the body's ability to heal, ultimately reducing pain in the process.

Does Dry Needling Hurt?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained physical therapists know how to make the process as painless as possible; however, some patients may still experience a "twitch response" with the insertion of the needle.

This is comparable to a quick muscle cramp or ache. The 24-48 hours following a dry needling treatment may also result in muscle soreness, which should go away on its own. Sore muscles can be treated at home by applying ice and/or heat packs and drinking plenty of fluids.



We would like to see you again!

Scan the QR code to visit loudounpt.com and schedule your appointment today!

HOW WILL DRY NEEDLING BENEFIT ME?

There is a large variety of musculoskeletal issues that can be treated with dry needling. When paired with our traditional exercise-based physiotherapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

After conducting a comprehensive evaluation to assess the nature of your condition, our skilled physical therapists will let you know if dry needling is the best course of treatment for you. We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing delayed onset muscle soreness.

Dry needling may also treat the following conditions:

- Joint problems
- Disk problems
- Tendinitis
- Migraine and tension-type headaches
- Jaw and mouth problems (such as temporomandibular joint disorders or TMD)
- Whiplash
- Repetitive motion disorders (like carpal tunnel syndrome)
- Spinal problems
- Pelvic pain

Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. If you are interested in our dry needling services, don't hesitate to contact Loudoun Physical Therapy today to request an appointment. We'll get you started on the path toward recovery!



Ready To Start Living Without Pain Slowing You Down?

Are you tired of living with pain? Dry needling is a thoroughly studied pain relief technique that has been proven to be safe and highly effective. What are you waiting for? Contact Loudoun Physical Therapy today to request an initial appointment and get back to living the life you deserve.

Sources:

<https://my.clevelandclinic.org/health/treatments/16542-dry-needling>



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STAFF SPOTLIGHT | DR. SHRUTI MEHTA, PT, DPT

Shruti is passionate about an evidence based, patient-centered evaluation and treatment approach. She emphasizes the biomechanics of movement, therapeutic and functional exercise, manual therapy, prevention of injuries, and rehabilitation. Shruti is very compassionate towards her patients and promotes a positive health environment.

Her clinical experience includes general orthopaedics, sports, and geriatrics physical therapy. She holds certifications in spinal manual therapy, kinesiotaping, yoga, aquatic therapy, Mulligan mobilization, and myofascial release; and makes it a part of her treatment approach towards patients. She has worked with patients of all ages and in a variety of clinical areas including collegiate and professional athletic rehabilitation.

Shruti achieved a Doctor of Physical Therapy from Touro College in New York. She completed her Master of Science in Health and Rehabilitation Sciences with a concentration in Musculoskeletal Physical Therapy from the University of Pittsburgh. And graduated with a Bachelor of Science in Physiotherapy from Sancheti College of Physiotherapy in Pune, India.

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DID YOU KNOW YOU DON'T NEED A REFERRAL FOR PHYSICAL THERAPY?

INVEST IN YOUR HEALTH THIS SUMMER!

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed.

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

Do I Need A Prescription To Start Physical Therapy?

NO, you don't. Although we see many patients sent directly by their physician, a licensed physical therapist may begin the physical therapy process by performing a full physical therapy evaluation. We accept most insurances and will verify benefits for you so that you can get started right away.

Get the Care You Need, Fast

Don't wait for a referral from your physician— Schedule an appointment today and get 10-15 days of Direct Access to care!

Choose Your PT

Our rates are as much as 6 times lower than hospitals and we provide more services than many competitors.

Improve Health Naturally

You'll find professional excellence, high-quality care, and leading edge treatments.

WHAT IS A TELETHERAPY VISIT?

Teletherapy is PT from the comfort of your home. It is a remote, one-on-one Telehealth visit that is performed by our skilled physical therapists on a computer, connected to the Internet.

During your visit, you will receive:

- Movement Evaluation to determine your problem
- Education on why you are hurting and how to prevent it from reoccurring
- Exercise prescription to meet your specific needs

This physical therapy option is convenient and accessible from the comfort of your home!

CALL AND SCHEDULE YOUR APPOINTMENT TODAY!

Leesburg:

(703) 443-6700

Lansdowne:

(703) 858-9880

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