DRY NEEDLING PROCEDURE

A solid mono filament needle is inserted through the skin and into the symptomatic soft tissue. The proposed mechanism of action for Dry Needling is it creates a micro lesion within the symptomatic tissue releasing the tension in the shortened tissues, and promotes an increase in the circulation to the symptomatic tissue. This mechanical and neuromuscular effect provides an environment that enhances the body's ability to heal which ultimately reduces pain.

Only sterile disposable needles are used and are disposed of in red sharps containers. Sharps will be disposed of accordance with state guidelines. The practitioner is required to wash their hands thoroughly with soap and water before and after performing dry needling. Practitioner may also choose to wear gloves or finger cots for procedure. The facility follows the OSHA Blood Borne Pathogens standard 116 (osha.gov).