

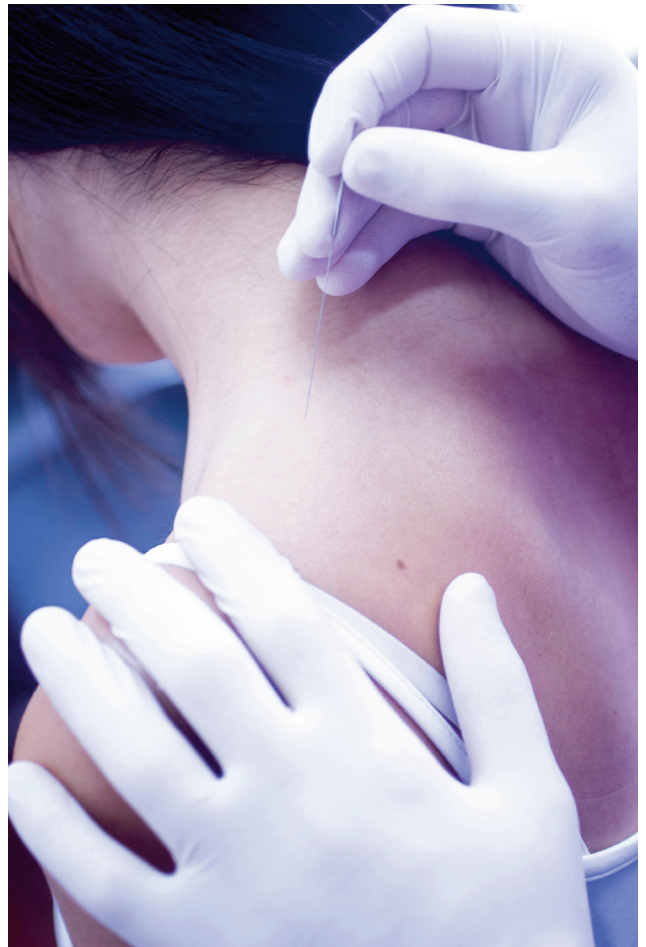
# What is Dry Needling?

Rehab Services at Boone County Hospital offers functional dry needling, a skilled technique performed by a physical therapist using filiform needles to penetrate the skin and/or underlying tissues.

The technique affects change in body structures and functions for the evaluation and management of neuromusculoskeletal conditions, pain, movement, impairments, and disability. Trigger points can be found many places on the body with some areas being more susceptible along with many dysfunctions being associated to them.

Often with low back pain patients will struggle turning on specific muscles that are necessary in stabilizing the low back. Physical therapists can get to those muscles and facilitate them with activation to properly connect with the central nervous system and affect those problem areas.

Dry needling is not acupuncture. Traditional Chinese acupuncture utilizes examination of the tongue and pulse before deciding on the area they will focus on to work on the patient's dysfunction. The focus of Chinese acupuncture is to balance energy, life-force, or qi in the body.



*A referral is not required for dry needling, but it is preferred.*

*You will receive a full assessment and the physical therapist will decide if it will benefit you.*

*This form of manual therapy is not a “quick fix”, but will be used in association with other treatments to achieve your goals. A typical treatment will last 15 to 30 minutes, and in some rare cases up to an hour.*

*The current charge for dry needling is \$35. At this time insurances are not covering this modality.*



Rehabilitation Services

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