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## Trigger Point Dry Needling

- When trauma or damage occurs to the muscle tissue, our body responds with inflammation. The damaged tissue then goes into a “protective” phase to guard against further damage. As this happens, our body begins producing scar tissue. As the scar tissue lays in the area it can inhibit the muscles ability to fully function, causing a trigger point or “knots.”
- Dry needling is a procedure in which a small needle is inserted into the myofascial (muscle tissue) trigger point. Manipulation of the needle allows for a twitch response to disrupt the pain cycle.
- The insertion of the needle creates a controlled lesion triggering the bodies inflammatory response, as it senses a foreign object, which in turn your body goes to work to decrease inflammation throughout your entire body.
- Goal:
  - Reduce myofascial pain
  - Decrease muscle tightness/tension, improving range of motion/mobility.
  - “Release the knots”
- Used in conjunction with:
  - manual therapy techniques
  - muscle retraining.
- What to expect:
  - You may not feel insertion of the needle
  - A brief pain, such as, deep ache or a cramp to the area with manipulation of the needle
- Following treatment:
  - You may experience soreness or light bruising



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