

## Services

### Dry Needling

# DRY NEEDLING at Haney Physiotherapy in Maple Ridge

Do you suffer from chronic or acute pain? Many patients at Haney Physiotherapy in Maple Ridge get relief with Dry Needling. It is particularly effective for such problems as chronic neck, back and shoulder pain, headaches, tendonitis, and jaw pain.

After your comprehensive assessment, your physiotherapist may recommend Dry Needling, usually combined with other therapies.

## What is Dry Needling?

Dry Needling is a science-based system where your specially trained physiotherapist inserts tiny needles into trigger points. Your body's myofascial trigger points refer pain throughout the body. The needles normalize the chemical levels in these trigger points, decreasing muscle tension and pain.

Pain trigger points occur on your neck, back and arms. You may have more trigger points on your legs, especially if you are a runner. But Dry Needling helps a variety of conditions like:

- Headaches
- Shoulder pain
- Rotator cuff damage
- Knee pain
- Sciatica
- Hip and gluteal pain
- Achilles' tendonitis
- Plantar fasciitis

## How do I know if I have trigger points causing my pain?

Most patients describe a trigger point as a "knot." If you poke or rub the knot, you may find it hurts somewhere else (sometimes not even nearby!) or radiates to the surrounding area. Trigger points tend to cause more widespread pain than just in the muscle where they are found. A trigger point is often tender to the touch and may cause pain at any time.

This technique also helps muscular issues not involving trigger points, like rotator cuff damage.

Most importantly, your physiotherapist knows if you have trigger points causing your pain, even if you don't know. As part of your initial and ongoing assessments, they will keep you informed.

## Dry Needling – What to Expect

Your physiotherapist at Haney Physiotherapy in Maple Ridge inserts tiny needles into your skin. There is no injection, no liquid inserted, so the needles are much thinner. The needles are so thin that many patients don't feel them at all, but some do feel a twitch when the trigger point starts to release. This is usually a very good sign that the therapy is working!

Many patients find the immediate effects of Dry Needling are reduced muscle tension and greater range of motion.

## Is Dry Needling like acupuncture?

Yes and no. Both therapies use tiny needles, but their philosophies are very different. Therapeutic Dry Needling takes a scientific, Western approach focusing on muscle groups and your body's physical structure. Acupuncture is Chinese medicine that balances the flow of energy along meridians in the body.

## In Summary

If your physiotherapist at Haney Physiotherapy in Maple Ridge recommends Dry Needling, you are in for a treat! Many patients feel some immediate pain and muscle tension relief. Call today to discover how Dry Needling could solve your chronic or acute pain.

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