

PARKER CHIROPRACTIC & WELLNESS

A SIMPLE GUIDE TO

DRY NEEDLING

ALLEVIATING PAIN, IMPROVING FUNCTION AND
PROMOTING HEALING.

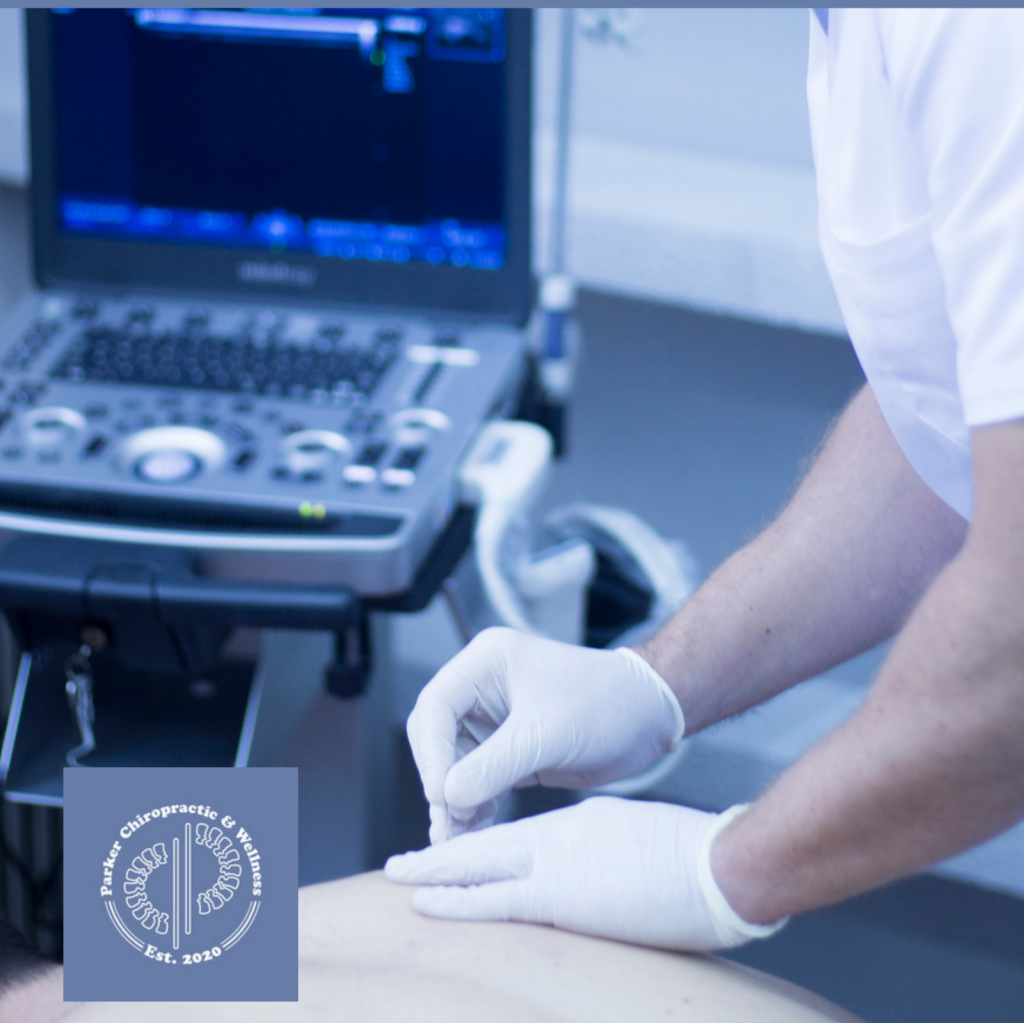


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Introduction

As newly qualified chiropractors (as of May 2023), Drs. Paige and Marshall Parker have seen the remarkable effects of dry needling therapy on their patients. That's why they've decided to share their knowledge and experience with you in this easy to read ebook.

Dry needling is a form of therapy that has gained popularity in recent years due to its effectiveness in treating various musculoskeletal conditions. In this ebook, Paige and Marshall will explore what dry needling is, how it works, and its effectiveness in treating various conditions, including stroke rehabilitation.

Whether you're suffering from chronic pain, recovering from an injury, or simply looking to improve your overall well-being, dry needling therapy may be the solution you've been searching for. So let's dive in and explore the world of dry needling together.



Dr. Marshall Parker receiving treatment during certification.

Chapter 1

What is Dry Needling?

Dry needling is a form of therapy that involves inserting thin, sterile needles into specific points in the body. These needles are typically inserted into trigger points, which are the tight bands of muscle that can cause pain and discomfort.

Unlike acupuncture, which is based on traditional Chinese medicine and involves the insertion of needles into specific meridians, dry needling is based on western medicine and anatomy. It is a form of trigger point therapy that helps alleviate pain, improve range of motion, and promote healing.



Sterile single use fine needles.

Chapter 2: How Does Dry Needling Work

Dry needling works by stimulating the immune system and promoting the release of natural painkillers, such as endorphins. The insertion of the needles into the trigger points helps to break up the tight bands of muscle, promoting blood flow and healing.

Dry needling can also help reorganize collagen, a protein that forms the connective tissue in our bodies. When we experience an injury, collagen fibers can become disorganized, leading to pain and discomfort. Dry needling can help reorganize the collagen fibers, promoting healing and reducing pain.



Targeting the Achilles Tendon with Dry Needling Therapy

Chapter 3: What Conditions Can Dry Needling Treat?

Dry needling is an effective therapy for treating various conditions, including but not limited to:

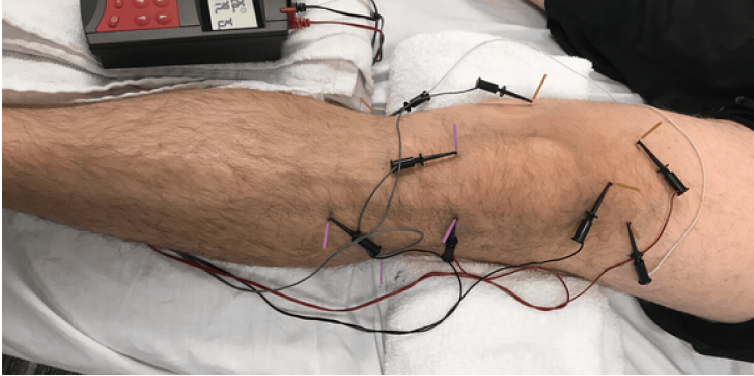
- NECK PAIN
- BACK PAIN
- SHOULDER PAIN
- HIP PAIN
- KNEE PAIN
- TENNIS ELBOW
- CARPAL TUNNEL SYNDROME
- PLANTAR FASCIITIS
- HEADACHES
- FIBROMYALGIA
- OSTEOARTHRITIS
- NERVE PAIN
- ANXIETY AND STRESS
- STROKE REHABILITATION
- MIGRAINES
- TMJ PAIN (TMD)
- JOINT BURSTITIS
- SPRAINS/STAINS
- MUSCLE SPASMS
- TINNITUS



Tinnitus Trigger Points

Dry needling has been found to be effective in improving spasticity, gait, and muscle architecture in patients with chronic stroke.

Chapter 4: What Can You Expect During a Dry Needling Session?



During a dry needling appointment, we will typically begin by assessing your musculoskeletal condition to determine the most appropriate areas to target with the needles. We will then insert thin, sterile needles into specific trigger points, which may cause a slight twitch response in the muscle. The number of needles and the duration of the treatment will vary depending on your individual needs and the severity of your condition. A trial of 6-8 visits per condition is the recommendation of the American Academy of Manipulative Therapy (AAMT).

You may experience some discomfort or mild pain during the treatment, but this is usually short-lived and well-tolerated. After the session, you may experience some soreness or mild bruising around the insertion sites, but this should subside within a few days.

The length of a dry needling session can vary, but typically lasts around 30-45 minutes.

Chapter 5: Disclaimers & Precautions

Before undergoing dry needling therapy, it's important to consider certain disclaimers and precautions. Patients with known autoimmune conditions, anyone under 18, and those with diabetic ulcers or an active infection in the region they're wanting needled, or who have had surgery in the region they want needled in the last 3 months may not be candidates for dry needling therapy. In addition, pacemakers may disqualify a patient from receiving electrical stimulation for upper extremity complaints.



Dr. Paige Parker during Certification

Chapter 6: Conclusion

In conclusion, as qualified healthcare professionals specializing in dry needling therapy, we have seen firsthand the incredible benefits that this form of therapy can offer patients.

By targeting trigger points and promoting natural pain relief, dry needling can be a highly effective treatment option for a wide range of musculoskeletal conditions.

We are passionate about helping our patients achieve optimal musculoskeletal health and wellness, and we believe that dry needling therapy can play an important role in this journey.

Whether you're struggling with chronic pain, recovering from an injury, or simply looking to improve your overall mobility and function, we are here to support you and help you achieve your goals.

If you're interested in exploring dry needling therapy as a treatment option, we encourage you to reach out to us to learn more. We would be happy to answer any questions you may have and provide you with the personalized care and attention you deserve. Thank you for considering dry needling therapy, and we look forward to helping you on your journey towards improved health and wellness.





References and Resources

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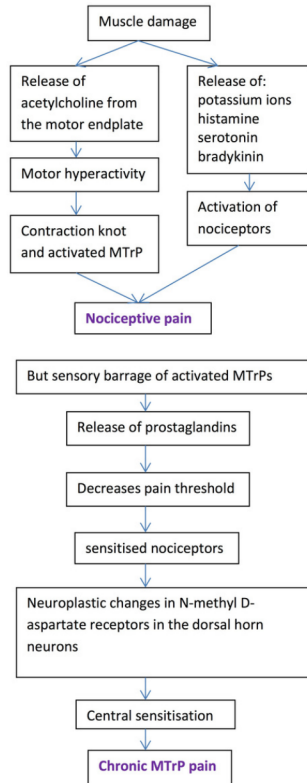


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Primary Myofascial Trigger point Nociceptive



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