

## **Dry Needling**

At Arctic Chiropractic Juneau, we offer dry needling.

### **What is Dry Needling?**

Dry needling is a modern form of therapy based on Western medicine principles. It is a skilled intervention using thin filiform needles in which the therapist penetrates the skin and stimulates myofascial trigger points (painful knots in muscles) and other connective tissues. Dry needling is NOT acupuncture; it does not have the purpose of altering the flow of energy (“Qi”) along traditional Chinese meridians for the treatment of disease. Dry needling is useful for the management of painful conditions arising in the neuromusculoskeletal system (i.e. muscles, fascia, nerves, etc.) and treats various dysfunctions to diminish pain and to restore improved activity and participation in previously painful activities. Dry needling is an anatomy and physiology-based intervention useful for conditions such as, but not limited to, neck pain, knee pain, hip pain, low-back pain, headaches, shoulder impingement, tennis elbow, carpal tunnel syndrome, shin splints, and plantar fasciitis.