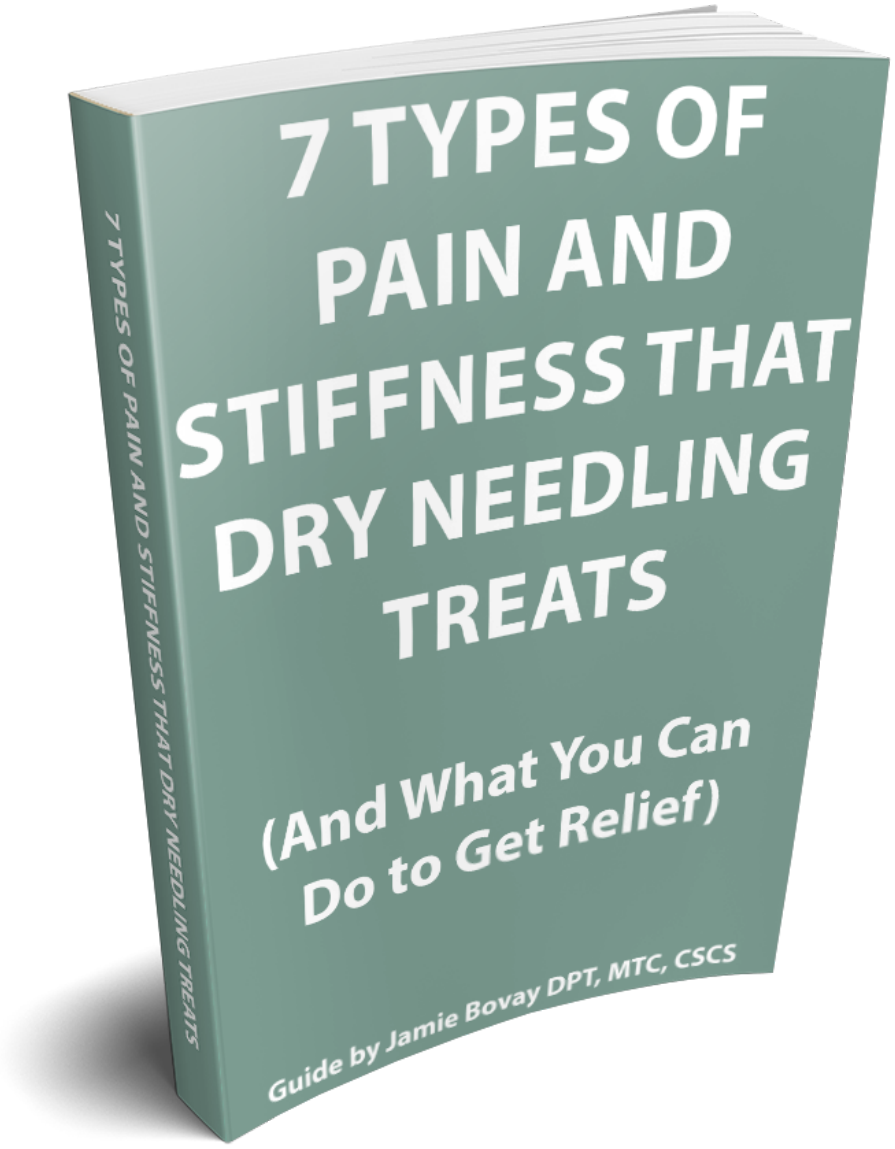
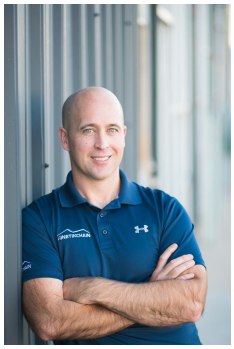

7 TYPES OF PAIN AND STIFFNESS THAT DRY NEEDLING TREATS
(And What You Can Do to Get Relief)
Guide by Jamie Bovay DPT, MTC, CSCS
7 TYPES OF PAIN AND STIFFNESS THAT DRY NEEDLING TREATS

About the Author



Every month for almost a decade, 100's of people have worked with or consulted Jamie Bovay concerning questions about a quick end to their pain and how to stay active. He is a trusted advisor not only to patients and athletes, but several fitness and medical companies as well.

Jamie works everyday with people in their 30's- 50's on ways to end their pain and stay active. He writes on various topics around exercise and sports injuries and frequently lectures on the topic.

While helping patients and athletes he has worked with a wide variety of activity levels from people who are just getting started with an activity all the way up to Olympic and Professional athletes and enjoys helping others return to an active lifestyle. He teaches other medical professionals around the country on rehabilitation topics revolving around rehabilitation (including Dry Needling).

Introduction:
In this special report, I reveal the 13 Ways to Tell if You Can Train Through Your Shoulder Injury Without Seeing a Dr. Some of these questions may seem obvious and others not so much. While they are not the only questions to ask they are a good start. By asking yourself these questions you may be able to realize if you need to seek out further help.

The simplest advice many times is the best and usually the best place to start. The truth is without knowing your medical history I cannot know what will work the best for you and even if I did know the details of the root cause of your pain there are no guarantees that any one of these questions will definitively rule in or out an injury .

But over my career I have learned how to narrow down what questions can help with ruling in shoulder or neck pain. But Imagine this…how great would it be if you could have an answer about your pain and could actually start doing something about it… and in less than two weeks you could have strategies working for you-giving you back the sport or activity you love. How great would working out pain free right now feel?

So here is my challenge to you…Read this plan and get to understand how it helps. Make your adjustments in your life and see what happens.

I think you'll be pleasantly surprised by how much better and healthier you will feel for doing so.

7 Types of Pain and Stiffness that Dry Needling Treats (And What You Can Do To Get Relief)

The 7 Types of Pain and Stiffness that Dry Needling Treats are below, so if you don't want to know the background you can skip down a bit. However the background information might help you to understand what it is and how it works. What is Dry Needling? Dry Needling is performed by a licensed Physical Therapist with specialized training. The treatment involves inserting a tiny acupuncture needle into a trigger point of a muscle that is tight or painful. The muscle relaxes leading to rapid movement improvement and a reduction in your pain.

You likely have heard of acupuncture, but even though this technique uses the same needles it isn't acupuncture. Acupuncture is a form of traditional Chinese medicine that is used to balance the flow of energy or life force - known as chi- that is believed to flow along specific meridian lines. By inserting the needles into the meridian lines, acupuncture practitioners believe the flow of life force will rebalance (source Mayo Clinic https://www.mayoclinic.org/tests-procedures/acupuncture/about/pac-20392763). Dry needling was started by president John F. Kennedy's doctor, Dr. Janet Travell and is a western medicine focus on treating the trigger points within muscles to get rid of pain and improve your movement. Chronically tight trigger points can cause pain at the location or farther away (think sciatica) or other referred pain. By targeting these chronically tight trigger points we can restore your mobility, improve how you move, help you gain strength, and get back to what you want, need, and love to do.

Medical doctors have been treating trigger points for years by using needles and injecting liquid medication, usually lidocaine or cortisone. Dry needling does not use liquid medications, hence the term "Dry", thus does not have any side effects from the medications. Unlike cortisone injections, which can only be given limited times due to the effects on the body, dry needling can be given regularly although when combined with hands on one on one care and specific exercises you would progress very quickly and not need dry needling for very long.

OK now that you are a little more aware of the background of dry needling here are seven types of pain and stiffness that can be treated with with this technique.

1. BACK PAIN AND STIFFNESS

Dry Needling works for back pain and/or stiffness by targeting trigger points in the larger overworked muscles of the back, but also some of the smaller, deeper muscles that are impossible to reach by other methods. Because of the large number of nerves and referred pain from the back treating pain in the back with dry needling often leads to relief of symptoms in other parts of the body such as sciatic pain and tingling or numbness down the leg.

2. NECK PAIN AND STIFFNESS

Dry needling for neck pain and/or stiffness is similar to the treatment given for back pain, however treatments often include needling of those tight upper traps, and sometimes include muscles from the shoulder blade that go up into the neck that can contribute to, or trigger, neck pain.

3. SHOULDER PAIN AND STIFFNESS

Dry needling for shoulder pain and/or stiffness can be needed in the shoulder muscles, rotator cuff, or chest muscles in order to make you move smoother and more efficiently. This typically makes the shoulder slightly stronger right away and helps with pain, especially with overhead movements.

4. HEADACHES, INCLUDING MIGRAINES

There are two main ways that Dry Needling helps headaches:

I. Decreases the tone and tightness of the muscles of the neck which allows you to have better posture and move like you should be able to. This takes pressure off of the joints, nerves, and discs which reduces irritation and makes moving easier.

II. Decreases excessive nerve activity: Some of the upper muscles in the neck share the same nerves as parts of the skull, so relieving tension in these muscles takes pressure off of the nerves and can relieve symptoms in the head. In many cases, the relief can be felt immediately.

5. KNEE PAIN AND STIFFNESS

Pain in the knee usually has more to do with all of the muscles surrounding the knee instead of the knee itself. Dry needling for knee pain and/or stiffness aims at reducing the tension from tight muscles and helping to improve muscle imbalances around the knee which will take pressure off of the knee and reduce the pain.

6. FOOT AND ANKLE PAIN AND STIFFNESS

Similar to the knee, pain at the ankle many times has to do more with how the calves and feet muscles are making the foot and ankle move. Dry needling for foot and ankle pain many times involves working on the calves, foot muscles, and other muscles that help balance in the lower leg.

6. HIP PAIN AND STIFFNESS

Dry needling for hip pain and/or stiffness many times involves both the muscles of your glutes as well as the muscles on the side of the hip. This helps this ball and socket joint move smoothly. Improving how the hip moves many times improves issues of the back and knee as well.

7. PLANTAR FASCIITIS

Plantar fasciitis responds well to Physical Therapy intervention. Dry Needling adds a new dimension to treatment that generally speeds up pain relief and, ultimately, recovery. Dry needling of muscles in the foot and ankle, both, relieves pain and improves flexibility removing tension from the areas of pain and allowing them to heal.

What You Can Do To Get Relief

Hopefully by now you can tell that dry needling can be used on a wide variety of injuries, varying types of pain, and can help almost all body parts move and feel better. When combined with one on one hands on care and a specific individualized exercise program tailored for you and your goals you can get back to what you love to do....And FAST.

If you are curious if dry needling might work to relieve your pain and/or stiffness you can go here and fill out a form to request a FREE 20 minute Phone Call with a physical

therapist. If email works best you can email me directly at jamie@kinetikchaindenver.com

If you are tired of waiting and missing out on life and even more ready to get your life back on track, as a thank you for reading this report we would like to offer you a FREE 20 minute in person “Discovery Visit” so we can make sure this is something we can help you with and you can make sure we are a good fit for you. Go here to fill out a form to request a Free “Discovery Visit”

In the weeks ahead I’ll be sending you even more tips and advice on how to restore your active and healthy lifestyle and will share with you how physiotherapy can make a huge difference to your life.

I hope this is the beginning of a great long-term relationship, where myself and the rest of the team at KinetikChain Denver become your go to source for health and activity advice for you and make a real difference in your life.

Dedicated to Helping You Live an Active Lifestyle,

Jamie Bovay
Specialist Back Pain Physical Therapist
Denver, CO
720-651-0674
kinetikchaindenver.com

KINETIKCHAIN
SKELETAL NEUROLOGICAL MUSCULAR