

needling often experience significant improvement in their overall pain.

You will be evaluated by one of our certified dry needling licensed physical therapists. Your evaluation will be a one-on-one session in which your therapist will perform a thorough and comprehensive examination, noting any areas of deficiency or limitation in your function relating to your diagnosis or condition.

Based upon the findings of your evaluation, you will be educated on your diagnosis, and we will address each of your questions and concerns. You will also be issued a home exercise program that is individually tailored to your needs.

LEARN MORE BY CONTACTING US

Cape Regional Physical Therapy
Cape Regional Medical Commons
215 N. Main Street
Cape May Court House, NJ 08210

Hours of Operation
7 a.m. to 7 p.m.
Monday - Friday

609.536.4995 Option 2.

 **Cape Regional Physical Therapy**

609.536.4995 Option 2
CooperHealthCape.org/dry-needling

DRY NEEDLING



 **Cooper**
University Health Care
Extraordinary Happens Here.

WHAT IS DRY NEEDLING?

Dry Needling is a skilled technique performed by a physical therapist using needles in the skin and/or underlying tissue to promote change in body structures or functions that are inducing pain.

WHAT DOES THIS METHOD TREAT?

- Headaches and migraines
- Chronic pain such as:
 - » Shoulder and elbow pain, tendonitis, bursitis
 - » Neck and back pain
 - » Carpal tunnel syndrome
 - » Knee and ankle pathology

WHAT ARE THE BENEFITS OF DRY NEEDLING

Inserting a acupuncture-like needle into a trigger point relaxes the muscles, boosts blood flow, diminishes inflammation, and triggers a healing response. This treatment also improves nerve communication and activates the release of your body's natural pain relievers.

GET FAST PAIN RELIEF

Most people think that trigger points are knotted muscles in their shoulder, upper back, and neck. But the same problem can arise in any part of your body and be

associated with many conditions, from low back and neck pain to joint pain and overuse injuries.

Your pain improves as the knot relaxes and blood flow improves. Better circulation means that your muscles receive the oxygen and nutrients they need to heal.

Your treatment plan will be personalized to address the severity of pain and number of trigger points. Pain reduction can be immediate while other patients need multiple sessions to experience optimal pain relief.

REGAIN YOUR RANGE OF MOTION

Limited mobility is often a result of tight and painful muscles. Sore and painful muscles reduces your ability to be active and when you are not active, your muscle strength is adversely affected.

Dry needling is often partnered with a physical therapy program to strengthen you and fully restore your range of motion. Physical therapy also retrains your muscles, and this helps to prevent future trigger points.

ACCELERATE YOUR RECOVERY

Moving your body promotes healing and your recovery - this is true whether you are being treated for an injury or are recovering from surgery. The combination of a personalized physical therapy treatment program with dry needling can greatly accelerate your recovery.

IMPROVE CHRONIC PAIN CONDITIONS

Dry needling is really effective for two chronic pain conditions: myofascial pain syndrome and fibromyalgia.

Myofascial pain syndrome occurs when trigger points develop in the fascia, a sheet of connective tissue that surrounds and supports all your muscles, nerves, blood vessels, and organs. Dry needling and physical therapy are among the best treatments for this chronic pain condition.

Fibromyalgia causes widespread pain and tenderness in your muscles. The pain affects the way you move, which in turn leads to trigger points. Patients who have fibromyalgia and receive dry

To schedule an appointment, please
call 609.536.4995 Option 2