

## DRY NEEDLING

(also referred to as DN)

Dry Needling (DN) uses fine filiform needles to “target” specific trigger points within taut bands of soft tissue (muscle and fascia). This can help to create stretching of the soft tissue at both the surface and deeper layers. DN can be used to treat both acute and chronic conditions.

DN is used in conjunction with other Physical Therapy techniques including therapeutic exercise, manual soft tissue mobilization (which includes myofascial release and Graston Technique), or possibly other treatments based on the initial exam findings.

### Examples of diagnoses that can benefit from DN include:

- Headaches
- Muscle Strains
- Shoulder or Hip Bursitis
- Tendonitis
- Chronic Pain Conditions
- Joint Stiffness
- Neck Pain/Neck Spasms
- Back Pain/ Back Spasms



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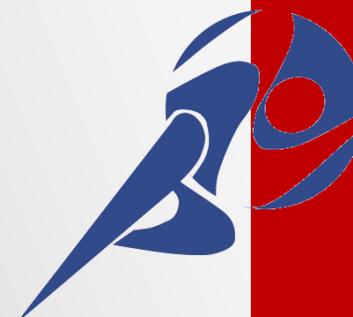
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**Dry Needling**

**SNYDER**

Physical Therapy  
  
Sports Rehabilitation



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## Who will provide services that include dry needling?

Wanda Wilnes, PT is trained in Dry Needling by Myopain Seminars. The training was completed in accordance with competencies established by Myopain Seminars and in accordance with the State of Nebraska licensure regulations. She obtained her Bachelor of Science in Physical Therapy degree from the University of Nebraska Medical Center, Division of Physical Therapy Education in 1981 and has an undergraduate specialization in gerontology from the University of Nebraska Omaha. Wanda is certified in Graston Technique (GT) and has extensive training in Myofascial Release (MFR). DN, GT and MFR are all specific types of treatment for soft tissue conditions. Wanda has worked in a variety of out-patient settings in Central Nebraska and Lincoln, treating chronic pain conditions. She has also held management positions for acute in-patient rehabilitation and for out-patient clinics in both Nebraska and Arkansas. While in Arkansas, she had the opportunity to work closely with physicians as a Pain Center was developed which incorporated physical therapy as an adjunct to the medical treatments provided by the physicians.

*Treatment philosophy: "I treat each patient with consideration given to their unique circumstances encouraging patient input for the plan of care, use hands-on techniques for pain and symptom relief, followed by individualized exercise instruction."*

## Is dry needling painful?

DN can be uncomfortable with some patients reporting pain and others reporting minimal discomfort. The benefits achieved with dry needling are positive including:

- \* Overall decreased pain
- \* Decreased muscle spasms
- \* Increased range of motion
- \* Improvement with soft tissue pliability
- \* Improvement with posture
- \* Ability to progress with strengthening



## Is dry needling the same as acupuncture?

Dry needling uses the same type of needles as acupuncture but is considered a different type of treatment. Dry needling involves placing the monofilament needles deeper into the soft tissue to target trigger points and surrounding satellite trigger points. Insertion of the needle into the muscle or muscles helps to release short bands of muscle and decrease trigger point activity which in turn can help resolve pain and muscle tension, therefore promote healing. Dry needling is considered a medical treatment that relies on a medical diagnosis to be effective. This is not traditional Chinese acupuncture.

## How does someone start to receive dry needling?

If you are considering dry needling as treatment for a pain-related condition, you may request a prescription for Physical Therapy from your physician. At the time of your first physical therapy session, you will discuss your current symptoms, past medical history, and how your current symptoms are affecting your day-to-day activities. In addition, this evaluation will consist of the physical therapist performing an examination involving soft tissue integrity, range of motion, strength and posture. Based on the examination findings, the therapist will discuss with you an appropriate treatment plan to address your needs. The therapist will decide whether it is appropriate to receive dry needling as part of your treatment approach.

Please call if you have further DN questions or if you would like to schedule an appointment with Wanda Wilnes, PT.

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