

Community Dry Needling Clinic

EXCEL PHYSICAL THERAPY

6-7pm

January 10th and 24th

February 7th and 21st

\$30

What is Dry Needling?

Dry needling is a highly effective treatment for many types of conditions including:

- Back pain
- Arthritis
- Muscle strains
- Tendonitis
- Swelling
- Myofascial Pain



- Herniated Disc
- Sciatica
- Knee injuries/knee pain
- Shoulder injuries
- Ligament and tendon injuries

Dry needling is an effective *anti-inflammatory* therapy that is also a natural treatment (vs. medications), using the body's own self-healing mechanisms to help decrease pain and restore itself to full health. All dry needling is performed by a licensed Physical Therapist.

Why use Dry Needling?

Physical therapists use this intramuscular technique to treat a variety of dysfunction. It has been shown to relieve pain, improve range of motion, reduce inflammation and restore normal function through its diverse mechanisms of action on multiple body systems. Often the pain relief is immediate and can facilitate a quicker recovery and return to activity!

More questions?

Call Excel Physical Therapy to schedule your appointment today!

307-734-9129