

About AzOPT

Arizona Orthopedic Physical Therapy (AZOPT) was established in 2007 with the goal of providing quality, personalized care by passionate and enthusiastic therapists. We employ only highly educated and licensed therapists who spend more time with their patients, utilizing more manual therapy to help people function at their best. At AZOPT, you can count on a professional, yet relaxed environment with a unique balance of fun and hard work as patients and therapists work together to achieve results. Whether your goal is to return to work, sports, or other activities of daily living, AZOPT believes everyone should have the opportunity to Feel Better, Function Better, and Live Better.

Contact AzOPT

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www.AzOPT.net/DryNeedling



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WHAT IS
DRY
NEEDLING



**ARIZONA ORTHOPEDIC
PHYSICAL THERAPY**

Feel better. Function better. Live better.

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What is Dry Needling?

Dry Needling is a skilled intervention performed by a certified physical therapist using a thin needle to stimulate trigger points, muscles, and connective tissues to reduce pain and improve movement.

This technique uses a 'dry' needle, or one without medication or injection, inserted through the skin into the muscles. Other terms commonly used to describe dry needling include trigger point dry needling, and intramuscular manual therapy. A trigger point is a taut band of skeletal muscle located within a larger muscle group. Trigger points can be tender to the touch, and touching a trigger point may cause pain to other parts of the body.

- Physical therapists use dry needling to relieve pain, decrease muscle tension, and improve range
- A thin filiform needle penetrates the skin allowing a physical therapist to target tissues that are not manually reached.
- Dry needling can help speed up your return to active rehabilitation.
- Dry needling is an effective treatment for acute and chronic pain, rehabilitation from injury, and injury prevention.



Is Dry Needling Safe?

Yes. Physical therapists must go through an extensive certification program through approved institutions to ensure the safest outcomes. Each filiform needle is individually sealed and used only once.

Is Dry Needling Painful?

No. Uncomfortable - possibly. But that is short lived. Some patients report mild bruising and/or soreness lasting up to 24 hours which can be treated with heat and movement.

Is Dry Needling the same as Acupuncture?

No. The only similarity is the tools (needles). Dry needling is based on Western medicine and evaluation of pain patterns, posture, movement impairments, function and orthopedic tests. Acupuncture is based on Eastern medicine.

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Adding dry needling to my physical therapy treatment plan was a game changer for me. I am beyond thankful to be back to my regular activities!

- Karen Z., Goodyear

Who Can Benefit from Dry Needling?

Dry needling is used in conjunction with an overall treatment plan incorporating exercise, manual therapy, and other modalities. Some diagnoses that benefit most include, but are not limited to:

- Joint pain
- Osteoarthritis
- Tendinitis
- Disc concerns
- Repetitive Motion Disorders
- Spinal problems
- Migraine or Tension Headaches
- Chronic Pain