

# WHAT IS DRY NEEDLING?

**DRY NEEDLING** is a skilled intervention performed by Dr. Allison David here at Hammond-Henry Hospital. It is the insertion of a fine, filiform needle into a muscle or connective tissue to stimulate a neurophysiological response to improve healing in the presence of a neuromusculoskeletal issue or movement dysfunction.



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# DRY NEEDLING

WHAT IT IS? WHO IS IT FOR?

**Allison David, DC, ATC**

*Certified Chiropractic Sports Physician  
Certified Dry Needling Practitioner*

# When is Dry Needling Useful?

## Dry Needling can be used for both acute and chronic injuries:

- Muscle tightness
- Muscle strains
- Ligament sprains
- Joint Pain
- Movement Dysfunctions
- Chronic Pain
- Chronic and Acute Sports Injuries
- Trigger points
- Myofascial Pain
- Painful scars



# What To Expect At From Dry Needling?

Typically within a few visits, patients see positive results including reduced chronic pain, improved muscle tension, and range of motion.

## During a Dry Needling Session:

Dr. David will use a thin needle and insert it into the target area(s). Your provider may stimulate the needle to elicit a local twitch response.

## After your Dry Needling Session:

Patients usually experience a sense of relief and relaxation. In some cases patient may experience soreness and small bruising at the site of the needle. This usually goes away within a few days .

# Conditions Treated

- Neck Pain
- Low Back Pain
- Shoulder Impingement
- Patellofemoral Pain/ Runner's Knee
- Golfer's Elbow
- Tennis Elbow
- Plantar Fasciitis
- Hip and leg Pain
- TMJ Dysfunction
- Headaches
- Common aches and pains
- Scars

# Is Dry Needling for me?

Not every intervention is suitable for every patient. Dr. David has been trained in assessing your conditioning and whether or not you are a candidate for dry needling. Please be sure to share with your provider any medications or procedures you have been on or had done in the last 12 months.

# Side Effects

Every medical intervention carries its risks and rewards. Dr. David has been properly trained in safe needling techniques to minimize the risk of adverse events. Talk to your health care provider about the risks associated with dry needling for your particular injury.

