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*One-to-One Treatment Always
with a Licensed Professional*

Your Therapy Team

Katie Myers, DPT
Melissa Doten, MPT
Jennifer Meier, MPT, CLT
Jennifer Cavanaugh, PTA
Kevin Sadowski, BSN, RN, DC,
Cert. MDT

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Dry Needling An Advantage in the Treatment of Myofascial Pain

Enfield Health & Wellness Center now incorporates a relatively new treatment for myofascial pain: dry needling. Myofascial pain (MP) is a common, painful disorder that causes or contributes to many pain complaints brought to doctors. MP can affect any skeletal muscle, causing local and / or referred pain. Signs include tightness, tenderness, popping and clicking, stiffness, limited range of motion, autonomic phenomena, local twitch response, and muscle weakness without atrophy. MP usually involves trigger points - highly irritable, palpable lesions in taut bands of skeletal muscle fibers.¹ If therapists overlook the role of trigger points when treating musculoskeletal pain complaints, outcomes and the efficiency of treatment can be compromised.²



Katie Myers, DPT and Kevin Sadowski, BSN, RN, DC, Cert MDT recently completed their certifications in dry needling, a technique that specifically addresses myofascial pain, and quickly deactivates trigger points. In dry needling, the doctor or therapists insert very fine needles into trigger points or superficially over trigger points. In some applications, needles are also placed in paraspinal muscles corresponding to the spinal cord levels that innervate the painful muscles. In dry needling, the rationale behind the placement of the needles is entirely based on medical anatomy.

The technique now has encouraging support in the scientific literature. One systematic review and multiple randomized controlled trials have concluded that dry needling achieves analgesic effect comparable to injections of substances such as lidocaine.³⁻⁶ A Cochrane review of 35 randomized, controlled trials concerning back pain concludes that dry needling appears to be a useful adjunct therapy.⁷ In cases of myofascial pain syndrome, there is some evidence that needling the associated paraspinal muscles, in addition to needling the trigger points in painful muscles, enhances the effects in terms of increased subjective pain reduction, improved range of motion, and better outcomes on the geriatric depression scale.⁸ The availability of certified dry needling as an adjunctive therapy serves as one more reason to trust all your pain complaint referrals to Enfield Health & Wellness Center.



One-to-One Care by a Licensed Professional

At Enfield Health & Wellness Center, all scheduled time with your patient is one-to-one time with a licensed therapy professional. We do not use aides or trainers with your patients. We do not attempt to assess your patient while simultaneously monitoring other patients. We feel this difference results in physical therapy programs that progress more efficiently and in better-satisfied patients.

Enfield Health & Wellness Center

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