

# Dry Needling



## Trigger Point Dry Needling (TDN)

Improve pain control and reduce muscle tension

Dry Needling involves the insertion of a thin filament needle to stimulate the healing process of soft tissues (muscle “trigger points”, fascia, tendons and ligaments, etc) resulting in pain relief and restoration of healthy physiology.

Research supports that dry needling improves pain control, reduces muscle tension, normalizes biochemistry and facilitates an accelerated return to active rehabilitation.

### TDN can relieve symptoms of:

- Neck/Back Pain
- Shoulder Pain
- Tennis/Golfers Elbow
- Headaches
- Hip and Gluteal Pain
- Knee Pain
- Plantar Fasciitis
- Sciatica
- Muscular Strains/Sprains
- Chronic Pain
- Athletic Performance
- Tendonitis

Contact us today to learn more about how we can help your patients recover from injuries with TDB.

Read more at [Therapydia.com](http://Therapydia.com) | 800-842-2896

### About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

### PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

**ACCEPTING  
NEW PATIENTS**  
Contact us  
today!