

Services

Trigger Point Dry Needling

Now available at Peak Performance Physical Therapy



TDN is a treatment for muscular tightness and spasm which commonly follows injuries and often accompanies degenerative processes.

Muscular tightness and spasm can lead to compression and irritation of the nerves exiting the spine. When nerves are irritated, they cause a protective spasm of all the muscles to which they are connected. This contributes to decreased mobility in the area. Dry needling uses small, thin needles that are inserted in the muscles at the trigger points creating a local twitch response. Dry needling releases the trigger points allowing the muscles to relax, improving flexibility and decreasing pain symptoms.

Ask your therapist if this is an appropriate treatment for you.