



JULY 2022

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# NEWSLETTER



Discover  
*Long-Lasting  
Pain Relief*  
*With Dry Needling*

**UNCOVER  
LONG-LASTING  
Pain Relief  
WITH DRY  
NEEDLING!**



Is pain preventing you from following through on your daily routine? Do you find yourself on the sidelines, watching as life goes by? If a painful condition has left you feeling frustrated, know that relief is possible with dry needling therapy.

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility.

It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

If you are dealing with one of these conditions and you're looking for relief, or if you'd like to gain more

information on how dry needling could benefit you, contact Therapy Solutions today!

**WHAT EXACTLY IS DRY NEEDLING?**

This treatment method is used by our licensed physiotherapists as a way to relieve pain. When performing dry needling, our physiotherapist will insert a sterile acupuncture needle through the skin, into the underlying tendons, ligaments, or muscles that have been affected, in order to relieve pain, decrease muscle tension, and improve mobility.

Muscles can develop knotted areas known as trigger points. When these trigger points are touched, they can be extremely painful. They are also frequently the source of referred pain (or pain that affects another part of the body). Clinicians insert thin, solid needles into trigger points in the skin. The needles are not used to inject medication, but rather to stimulate the tissue.

The way your body moves is affected by pain. Dry needling is thought to alter the way the brain and

muscles communicate with one another, allowing the system to return to a more normal movement pattern.

While it is a common misconception, dry needling is not acupuncture. It is based on a modern scientific study of musculoskeletal and neuromuscular systems. While there are some similarities, dry needling is strictly based on Western medicine principles and research. It provides an environment that enhances the body's ability to heal, ultimately reducing pain in the process.

#### **DOES DRY NEEDLING HURT?**

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained physical therapists know how to make the process as painless as possible; however, some patients may still experience a "twitch response" with the insertion of the needle.

This is comparable to a quick muscle cramp or ache. The 24-48 hours following a dry needling treatment may also result in muscle soreness, which should go away on its own. Sore muscles can be treated at home by applying ice and/or heat packs and drinking plenty of fluids.

#### **HOW WILL DRY NEEDLING BENEFIT ME?**

There is a large variety of musculoskeletal issues that can be treated with dry needling. When paired with our traditional exercise-based physiotherapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

After conducting a comprehensive evaluation to assess the nature of your condition, our skilled physical therapists will let you know if dry needling is the best course of treatment for you. We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing delayed onset muscle soreness.



Dry needling may also treat the following conditions:

- ▶ Joint problems
- ▶ Disk problems
- ▶ Tendinitis
- ▶ Migraine and tension-type headaches
- ▶ Jaw and mouth problems (such as temporomandibular joint disorders or TMD)
- ▶ Whiplash
- ▶ Repetitive motion disorders (like carpal tunnel syndrome)
- ▶ Spinal problems
- ▶ Pelvic pain

Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. If you are interested in our dry needling services, don't hesitate to contact Therapy Solutions today to request an appointment. We'll get you started on the path toward recovery!

#### **READY TO START LIVING WITHOUT PAIN SLOWING YOU DOWN?**

Are you tired of living with pain? Dry needling is a thoroughly studied pain relief technique that has been proven to be safe and highly effective. What are you waiting for? Contact Therapy Solutions today to request an initial appointment and get back to living the life you deserve.

*For more information about how Therapy Solutions can help you, visit our website at [therapy-solutions.net](http://therapy-solutions.net).*

**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*

*Learn more by visiting our website at [Therapy-Solutions.net](http://Therapy-Solutions.net) or schedule your consultation today by calling 701.483.1000!*

# CONGRATULATIONS CORNER!

**Congratulations are in order for the Therapy Solutions staff!**



Maria Fairfield (Speech-Language Pathologist) recently got married to Mark Frank on May 14, 2022. The happy couple exchanged their vows in New England, ND. Congratulations, Maria!

# STAFF SPOTLIGHT: SPEECH DEPARTMENT



***The Speech Department has two interns joining us this summer!***

Tessa Nelson is currently attending the University of Akron working toward her Master's degree in Speech-Language Pathology. She is originally from Warren, MN but lived in Fargo for 10 years prior to moving to western ND. She lives in Dickinson with her husband, 8-year-old son, 6-year-old daughter, and a newly adopted dog named Bruno. Her hobbies include being with family, volunteering and serving at church, playing cards, reading, gardening, fishing, and camping. She will graduate in August 2022 and would like to work in a pediatric outpatient setting.

Jessie Shypkowski is currently attending Nova Southeastern University and is also working toward her Master's degree in Speech-Language Pathology. She is originally from Dickinson and lives here with her husband, 2-year-old daughter, and 10-month-old son. Her hobbies include family activities such as the zoo, pumpkin patch, swimming, and going for walks. She will graduate in December 2022 and would like to work with the pediatric population.

## DRY NEEDLING SUCCESS STORY!

“I was reluctant to have this done the first time, but I was truly amazed at how well it worked. I would highly recommend this to anyone that has muscle pain that won't go away. The procedure was virtually painless, and the results were apparent the next day. Loved it.”