



ALLIED  
**Physical Therapy**  
WELLNESS COMMUNITY™  
*Get back to what you love*

# Dry Needling

## What is Dry Needling?

*Learn how dry needling can enhance traditional physical therapy treatment and speed healing*

Did you know that Dry Needling is a therapeutic technique utilized by specially trained physical therapists to treat muscle pain, movement dysfunction, and neuromuscular conditions?

Dry needling is not a standalone treatment – but works together with traditional physical therapy techniques like manual therapy and therapeutic exercise.

Much like acupuncture, dry needling uses the same thin sterile needles – although for different outcomes. Where acupuncture involves physical and spiritual energies, dry needling is used to relax the trigger points, or muscular "knots," that are causing pain.

The goal with dry needling is to relieve pain, improve range of motion, reduce inflammation and promote tissue healing to accelerate recovery.

In this month's Wellness Connection video, Dr. Matt explains what dry needling is, demonstrates how it works, and examines how it can speed healing for some patients.

Call us today at [\(239\) 242-0070](tel:(239)242-0070) to begin your own journey back to what you love!

SCAN HERE WITH YOUR PHONE  
TO SEE OUR VIDEO!



## BACK PAIN & SCIATICA

The most common complaint that we hear at our clinic is back pain. In many cases, the pain is rooted in a common merry-go-round pain response: You stop moving because it hurts – and it hurts because you have stopped moving. The back pain experts at Allied can help you get off that merry-go-round – and teach you how to stay off! Some will find relief from very mild back pain with a simple set of stretches that can be done before you even get out of bed in the morning! [Scan the QR code above!](#)



**1469 SW 4th Terrace • Cape Coral FL 33991**

Our state-of-the-art clinic is conveniently located near the intersection of Pine Island Road and Chiquita Blvd in Cape Coral, behind the Aldi supermarket.



**(239) 242-0070**



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