



Dry Needling

What is dry needling?

Dry needling is an effective technique used to aid in reducing pain associated with musculoskeletal problems by using a thin, solid sterile needle. The needle is inserted deep into muscle tissue to release the trigger point causing pain.

How does it work?

Dry needling releases or inactivates trigger points to relieve pain and improve a patient's range of motion.

Who is a candidate for dry needling?

Anyone with specific joint/muscle/tendon pain is a candidate for dry needling, regardless of how long the symptoms have been present.

Is dry needling done without additional therapy?

We recommend dry needling as part of a broader physical therapy approach.

How is dry needling different than acupuncture?

In dry needling, the needle is directly inserted deep into the muscle. Acupuncture uses energy flow by inserting the needle superficially to stimulate specific points on the body.



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How effective is dry needling?

Typically, positive results become apparent within two to four treatments but can vary depending on the cause and duration of the symptoms and overall health of a patient.

Locations

Rehabilitation & Sports Medicine Clinics

Stoughton (608) 873-2292

Oregon (608) 835-5373

Direct Access

In compliance with the WI State Practice Act for Therapy, we now offer direct access to our physical and occupational therapy services. An order from a doctor is no longer required for our occupational and physical therapists to provide treatment. Clients can self-refer and directly contact either of our two outpatient rehab clinics for an appointment.

Our staff will call each individual insurance plan to determine coverage. At this time, Medicare and Medicaid still require a referral.

Accepted Insurance Plans

Stoughton Health accepts over 160 area insurance plans and coverage for dry needling varies. Please call us at (608) 873-6611 or check your individual plan regarding coverage of service.

Providers



Left to right: Taylor Borgrud, DPT; Emily Devine, DPT; Kristin Klein, DPT and Liz Touchett, MPT



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