

What are the possible side effects and risks of TDN?

- Bruising
- Muscle soreness which feels very similar to soreness from working out. This could last 24 to 48 hours.
- Infection is a risk but is minimized when therapists adhere to proper preparation guidelines. The needle used during treatment has a solid end which drastically reduces the introduction of infection.
- Pneumothorax (a collapsed lung) becomes a risk if the needle used during the procedure unintentionally punctures the lung cavity. Therapists are specifically trained to use a boney backdrop for all needling over and around the lung field. Natural variations in lung fields can increase the risk of a collapsed lung.



The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance. Patients will check in for their appointment in the Outpatient Pavilion, not at the hospital's main registration desk.



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TRIGGER POINT DRY NEEDLING

A treatment for relieving pain



WHAT IS TRIGGER POINT DRY NEEDLING?

Trigger Point Dry Needling (TDN) is an elective treatment for patients suffering from a chronic pain disorder known as Myofascial Pain Syndrome. It involves inserting a solid filiform needle into a muscle with a myofascial "trigger point."

Trigger points are determined by taut bands in the muscle that reproduce the patient's symptoms or areas of the body that seem to be more tender than others. Trigger points commonly form following prolonged poor posture, injuries, degenerative processes, stress and overuse.



- **What can I expect during my treatment?**

The goal of dry needling is to insert a needle into the painful soft tissue (such as muscle, ligament, tendon or scar tissue) to manage the painful area. Muscle will often produce a local twitch to relieve its tension, while other tissues can cause a quick (1-3 seconds) deep pain response. Other needles can be entirely pain free!

- **Who could potentially benefit from TDN?**

Anyone who experiences the following conditions could gain relief through TDN:

- Muscle strains
- Tendonitis
- Osteoarthritis
- Bursitis
- Decreased mobility
- Headaches
- Chronic pain

- **How many needles are inserted?**

This varies with each patient. The goal is to hit as many symptomatic points as possible during each visit.

- **How long does a session last?**

A typical session lasts for 30-45 minutes.

- **Who performs the treatment?**

A licensed physical therapist who has additional training and a certification in dry needling will treat the patient.

- **Will it hurt?**

The needles used in TDN are extremely fine and solid. They are not hollow like a typical injection needle so they rarely hurt when passing through the skin. Patients may experience a deep aching sensation or feel pressure. The needle is only left in long enough to allow the muscle to relax and then promptly removed.