

Dry Needling

Dry needling is the use of a needle without medication. The needle goes directly into the muscle to help release trigger points. It is NOT the same thing as acupuncture. With acupuncture, a needle is being used to treat another area of the body. With dry needling, the area that the needle is inserted into is the area that is treated.



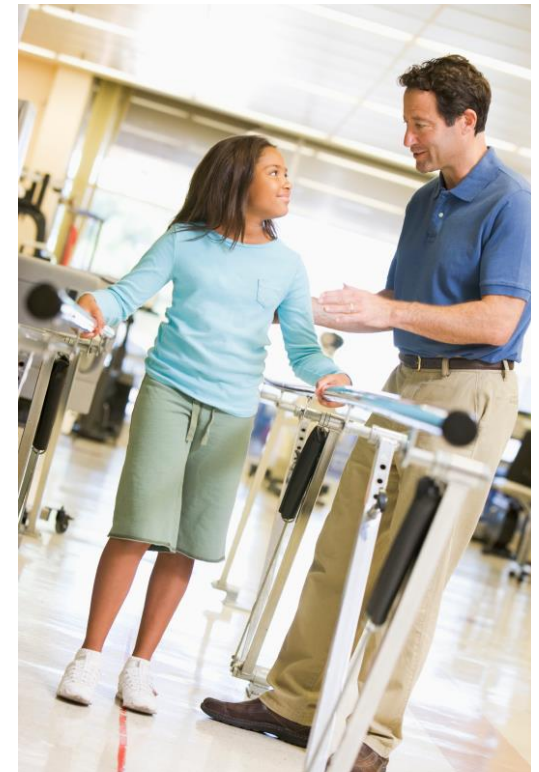
Traction Therapy

Traction therapy is the pulling of your body to help stretch out the vertebra. It helps to decompress discs.



Hot/Cold Packs

Hot packs are typically used at the beginning of a session in order to warm up the muscles. Heating up the muscles prior to a session helps to prevent injury and overexertion of the muscles. Cold packs are used at the end of a session in order to decrease swelling/pain.



**THE DIFFERENT
METHODS OF
TREATMENT
USED IN
PHYSICAL
THERAPY**

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Exercise Therapy

Exercise therapy involves the movement of the body in order to correct an impairment. It builds strength, stamina, and endurance.



Kinesiology Tape

Kinesiology tape is used to help facilitate the natural healing process of the body while providing support and stability to the muscles. It helps to work/inhibit a muscle, and it helps to correct the alignment of the muscles.



Stretching

Stretching is used to help improve flexibility. Stretching is also used to help improve range of motion.



Ultrasound Therapy

Ultrasound therapy send an ultrasound wave into the tissue. It is a deep penetrating heat. It can increase the extensibility in tissues, and it can increase blood flow to an area to improve healing.



Massage Therapy

Massage Therapy causes soft tissue mobilization and helps tight tissue to loosen. It essentially does the same thing that dry needling does, just in a different way.



Electrical Stimulation

Electrical Stimulation therapy is the use of electricity to treat pain. It can be used for pain control, muscle re-education, to decrease swelling, and to fatigue out a muscle.



