



# ACTION SPORTS CLINIC

## FUNCTIONAL DRY NEEDLING

**SUFFERING from a SPORTS INJURY or other CHRONIC PAIN?**

**Functional Dry Needling, is a form of IMS. It brings lasting relief for a broad range of neuromuscular dysfunction.**

Following injuries or other degenerative processes, many patients suffer from muscular tightness and spasm. This often leads to compression and irritation of the nerves exiting the spine. When these nerves are irritated, they cause a protective spasm of all the muscles to which they are connected. This is a natural response from the body attempting to protect itself, frequently results in referral pain.

This referral pain can lead to secondary dysfunction such as carpal tunnel, tendonitis, osteoarthritis, decreased mobility, chronic pain and a range of other disorders. This scenario can be difficult to treat because the true source of the problem is "hidden" and undiagnosed. For these patients, standard treatments are often ineffective resulting in continued limitations and chronic pain.

Dry needling is a highly effective treatment, unequaled in identifying and eliminating these referring or "hidden" sources or neuromuscular disorder. The treatment involves identifying the source of the pain and advancing a small filament needle into the related muscles, eliciting a small twitch response and then a relaxing of the muscle!

The identification and stimulation of these trigger points can "reboot" the muscle to alleviate both the original problem area as well as the secondary pain. Many patients experience dramatic pain relief and improved function in just a few treatments, often with lasting relief.

**GAIN RELIEF & LOSE THE PAIN!!**

**TALK TO YOUR PRACTITIONER ABOUT DRY NEEDLING TODAY!**



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Go to [ACTIONSPORTSCLINIC.CA](http://ACTIONSPORTSCLINIC.CA), email [reception@actionsportsclinic.ca](mailto:reception@actionsportsclinic.ca)

or call (403) 263-BACK (2225) to book your appointment!

510 5<sup>th</sup> St SW, Suite 215 Calgary, AB T2P 3S2



## FUNCTIONAL DRY NEEDLING

### **Are there any complications associated with IMS and Trigger Point Dry Needling?**

Yes. Any technique that punctures skin has a risk of complications. It is important you know the risks before treatment.

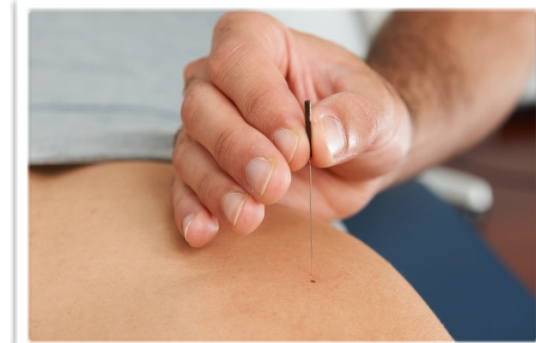
Common minor complications that usually resolve on their own include:

- Bleeding/Bruising
- Pain during treatment
- Pain following treatment

Less common complications that range from mild to significant include:

- Aggravation of symptoms
- Drowsiness/Fatigue
- Feeling faint/Nausea
- Headache
- Release of emotions
- Feeling shaky
- Numbness/Nerve irritation

A stuck or bent needle is an uncommon but significant complication that may require medical attention.



Serious complications are very rare and usually require intervention from other health-care providers include:

- Breakage of needle in the body
- Infection
- Puncture of vital tissue (e.g., a puncture of lung tissue causing it to collapse which is called a pneumothorax).

### **Can the risks of complications be reduced?**

To reduce the impact of complications:

- Eat before your appointment
- Show up well rested to your appointment
- Tell your physiotherapist if you have any concerns, including past experiences where you have fainted from receiving a needle
- Let your physiotherapist know if you experience pain, dizziness, nausea, shortness of breath or if you are feeling unwell
- Follow your physiotherapist's advice about positioning and movement during and after treatment
- Inform your physiotherapist of any changes to medications such as blood thinners or pain relievers

**Communicate with your physiotherapist throughout treatment. Discuss your treatment and ensure your questions are answered. You can request your physiotherapist stop needling treatment at any time.**

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