



Community Dry Needling Clinic

Please call or Check Website for Specific Dates

Time: 6-7 pm

Cost: \$30

What is Dry Needling?

Dry needling is a highly effective treatment for many types of conditions including:

- Back pain
- Arthritis
- Muscle strains
- Tendonitis
- Knee injuries/
knee pain
- Myofascial
Pain



- Herniated Disc
- Sciatica
- Swelling
- Shoulder
injuries
- Ligament &
tendon injuries

Dry needling is an effective *anti-inflammatory* therapy that is also a natural treatment (vs. medications), using the body's own self-healing mechanisms to help decrease pain and restore itself to full health. All dry needling is performed by a licensed Physical Therapist.

Why use Dry Needling?

Physical therapists use this intramuscular technique to treat a variety of dysfunction. It has been shown to relieve pain, improve range of motion, reduce inflammation and restore normal function through its diverse mechanisms of action on multiple body systems. Often the pain relief is immediate and can facilitate a quicker recovery and return to activity!

Call Excel Physical Therapy to schedule your appointment today

| 307.734.9129