

STOP YOUR PAIN

HEADACHE?



BACK PAIN?



LEG PAIN?



sports injuries • nagging pain • repetitive use trauma • tight muscles • connective tissue restrictions

Do you experience headaches, neck pain, or radiating pain down your legs? Do you have constant hamstring pulls, quadriceps strains, or rotator cuff pain? Do you suffer with plantar fasciitis, or tennis/golfer's elbow?

Dry Needling

Dry Needling helps to eliminate your pain by releasing shortened bands of muscle and hypersensitive trigger points.

Dry Needling has been proven as an effective treatment for many types of pain including musculoskeletal pain, radiating pain, and deep pains which cannot be touched with your finger. Dry Needling can be administered to most parts of your body, such as low back, neck, legs, arms, face, jaw, hips, thighs, elbows, and forearms.

GOLD MEDAL
PHYSICAL THERAPY
www.GoldMedalPT.com

Questions About Dry Needling?

Is Dry Needling Painful?

The most common responses to Dry Needling are reports of a brief “deep ache” and/or “muscle twitch.” These are signs of effective treatment, especially if it reproduces the pain for which you are seeking treatment. In a normal muscle (non-dysfunctional) most people do not even know the needle is present.

What can I expect?

Many people experience positive results after the first treatment. This may include reduced pain, increased range of motion and improved functional abilities. Most patients experience improvement within a few sessions. Dry Needling is often combined with other physical therapy techniques, such as joint mobilization, stretching and strengthening.

Is it the same as Acupuncture?

No. Acupuncture is based on Chinese medicine, and Eastern medicine theory. Dry Needling uses the same thin sterile needles to treat musculoskeletal trigger point pain, orthopedic injuries, and movement dysfunction(s), but Physical Therapists DO NOT practice acupuncture.

Does my Insurance pay for Dry Needling?

The treatment of Dry Needling alone does not qualify for insurance re-imbusement. It MAY qualify while receiving formal physical therapy but is insurance and plan dependent. Our billing concierges will verify your benefits prior to any dry needling treatment.

How long will my treatment take?

Each treatment session usually takes about 10 -15 minutes.

What is the cost for a Dry Needling session?

\$35 per treatment session.

\$100 Initial Consultation fee (includes treatment)*

*If you were a recent physical therapy patient at Gold Medal, the Initial Consultation fee MAY not apply

Gold Medal Physical Therapy

Bel Air: **410-638-5525**

407 E. Churchville Rd. Suite 102

Perry Hall: **410-529-0989**

8640 Ridgeley's Choice Dr. Suite L-1