

WHAT ARE THE BENEFITS OF DRY NEEDLING?

Dry needling doesn't just treat symptoms. Because it addresses the root cause of pain, it offers a wide variety of benefits, and without the side effects of other treatments.

Greater Mobility

Dry needling results in greater mobility, often immediately. The needling stimulates the muscles, which allows for better lengthening of both soft tissues and muscle. As a result, patients enjoy a wider range of motion.

Enhanced Performance

For high-level performance, all parts of the body need to be working together. Dry needling results in lengthened muscles, setting the stage for better function and performance.

Fewer Side Effects

Many pain relieving medications, particularly prescriptions, can bring negative side effects. In contrast, dry needling is a natural solution with no long-term risk. While pain relievers have limited doses for a reason, dry needling can be repeated as needed without risk to a patient's body. Downtime for recovery is minimal as well.

Financial

Less expensive than steroid treatments and surgeries, it's a sustainable treatment.

Mackay massage paradise

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