



Myofascial dry needling is utilised as a specialist tool to accompany soft tissue skills.

Myofascial Dry Needling (MDN) is a treatment approach adapted from acupuncture that applies fine needles to the musculoskeletal system to deactivate trigger points. Trigger points are areas within soft tissue that are painful on palpation and which indicate a Myofascial tightness or stress.

Dry needling is used in the treatment of chronic pain syndromes such as fibromyalgia and back pain, neck and shoulder pain. It is most helpful in the treatment of many disorders experienced by athletes such as Achilles Tendon issues, tight Hamstrings or Iliotibial Band and lower leg Compartment syndrome (often mistaken for Shin Splints).

Some authors argue that MDN is more effective in treating chronic pain than commonly employed manual therapies. In my clinical experience, I find this to often be the case. Those of my clients with chronic stress injuries, who have opted for MDN have achieved results that far surpass that which we have so far achieved with remedial massage post Dorn Spinal realignment. MDN often yields dramatic results where other manual methods have fallen short or failed.

While Myofascial dry needling employs the tools of acupuncture practice (acupuncture needles), the two treatments are completely different.

In contrast, the acupuncture paradigm is based on thousands of years of clinical observation and involves a systemic approach to the diagnosis and treatment of disharmonies within the body.

MDN specifically targets soft tissue problems that are causing pain and restriction of movement.

Simply because this is a needling treatment it is not for everyone but those who do undertake it are pleased and amazed with the results. ([Read Testimonials](#))

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