

CLINICAL ACUPUNCTURE



FOOT SMART FOCUS
PATIENT INFORMATION SHEET

Dry needling is an effective treatment used to treat musculoskeletal (muscle, joint, bone, or fascia) pain. Once musculoskeletal pain becomes chronic, it is often associated with tender 'trigger' points (musculoskeletal trigger points). These trigger points are usually situated in the muscle belly, muscle insertion, muscle-tendon junction or fascia; and are exquisitely tender to mechanical stimulation.

At Pioneer Podiatry, we use dry needling to effectively treat many people with this kind of pain.

The benefits of dry needling include:

- Pain relief
- Increase muscle length
- Improve muscle recruitment / firing pattern
- Often less painful than massage therapy
- Improves sleep and relaxation



Dry needling is often used in conjunction with other treatments. It is important to release trigger points, reduce pain and improve range of motion, but then it is also important to strengthen the affected area to reduce the likelihood of the pain returning.

More questions? call us or check out our website.

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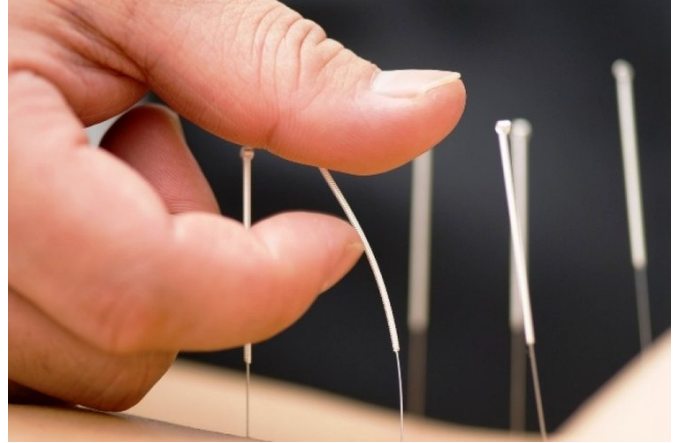


PioneerPodiatry

FOR THE DOCTOR
CLINICAL PRACTICE GUIDELINE

Common symptoms that benefit from dry needling include:

- Plantar Fasciitis
- Forefoot pain (Morton's Neuroma, intermetatarsal bursitis, capsulitis)
- Calf strain
- Shin pain
- Achilles tendon pain
- Post-ankle sprain



If you have foot or leg pain, you may benefit from dry needling/ clinical acupuncture. Call us or book online to discuss this with one of our experienced podiatrists.

We have comprehensive Clinical Practice Guidelines on our website for this condition, including videos, more details, and literature references.