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**Functional
Dry
Needling**

What is Functional Dry Needling (FDN)?

Functional Dry Needling (FDN)

is a skilled intervention performed by a physical therapist that uses a thin solid filiform needle to penetrate the skin and stimulate underlying trigger points in the muscle tissue to help reduce pain and improve movement. This intervention can be used throughout the body to maximize the patient's return to pain free function with very few side effects.

What can be treated by Functional Dry Needling?

- Chronic pain
- Sprains/Strains
- Tension/Stress related pain
- Headaches
- Jaw pain
- Sciatica
- Neck pain





Benefits of Functional Dry Needling

- Improve range of motion and function
- Reduce pain
- Decrease muscle tension
- Desensitize sensitive tissue
- Promote the healing response

Is Functional Dry Needling Painful?

Every individual is different in their response to Functional Dry Needling. Most will feel a quick "prick" when the needle is tapped into the muscle and then a deep ache when the correct depth of that individual muscle is achieved. The achey pain is not long lasting and usually subsides once the needle is removed. For most patients, the relief experienced after a Functional Dry Needling session far outweighs the short period of discomfort during the procedure

Functional Dry Needling is just one "tool" in the practitioner's tool box to treat patients!

