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 reimbursement. 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.

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