

STOP YOUR PAIN

HEADACHE?



BACK PAIN?



LEG PAIN?



sports injuries • nagging pain • repetitive use trauma • tight muscles • connective tissue restrictions

Do you experience headaches, neck pain, or radiating pain down your legs? Do you have constant hamstring pulls, quadriceps strains, or rotator cuff pain? Do you suffer with plantar fasciitis, or tennis/golfer's elbow?

Dry Needling

Dry Needling helps to eliminate your pain by releasing shortened bands of muscle and hypersensitive trigger points.

Dry Needling has been proven as an effective treatment for many types of pain including musculoskeletal pain, radiating pain, and deep pains which cannot be touched with your finger. Dry Needling can be administered to most parts of your body, such as low back, neck, legs, arms, face, jaw, hips, thighs, elbows, and forearms.

**GOLD
MEDAL**
PHYSICAL THERAPY
www.GoldMedalPT.com

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?

Gold Medal Physical Therapy does NOT bill your insurance plan directly. Dry Needling is a specialized treatment which is provided as a fee for service. Payment is due prior to treatment. Each client has the ability to self submit for insurance reimbursement if they so choose. Gold Medal Physical Therapy can supply billing information necessary for your Dry Needling session.

How long will my treatment take?

Each treatment session usually takes about 10 -15 minutes.

What is the cost for a Dry Needling session?

\$40.00 Single Session \$50.00 Bundled Sessions
\$125 Initial Consultation fee (includes first treatment)* **

*if you are a current physical therapy patient at Gold Medal, the Initial Consultation fee MAY not apply ** pricing subject to change

Gold Medal Physical Therapy



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“Dry Needling gave me relief, where other forms of therapy couldn’t!”

-TB