Magnolia Physical Therapy

Newsletter

What You Should Know About Dry Needling

Dry needling is a new treatment for muscle, nerve, and connective tissue pain that has proven effective for a wide variety of patients.

How Does It Work?

There have been a number of recent medical studies that help prove dry needling stimulates biochemical and physiological changes in the body which help reduce pain.



Dry needling is not synonymous with the term acupuncture. Acupuncture is derived from Oriental Medicine with the purpose of redirecting the flow of energy ("Qi") along traditional Chinese meridians for the treatment of disease. Dry needling is a modern, evidence-based intervention for the treatment of pain and dysfunction in some muscle, bone, joint, and nerve conditions. The term "Dry" is used because there is no medication or fluid being injected into the body. Electric Dry Needling may be used by connecting electrodes to the needles and stimulating the tissue at low frequencies.

This is an invasive technique which will only be considered if a patient has sub-acute or chronic symptoms which have not responded favorably to conservative methods.

MAGNOLIA Physical Therapy

Freedom From Pain

Newsletter

New Clinic Now Open!



THE PYTHIAN

Located in the Pythian at 234 Loyola Ave.

We are now scheduling patients at our CBD location.

www.magnoliatherapyla.com

PATIENT SUCCESS STORY

"For my 40th birthday, I planned a five day hiking trip in Peru – a year ago. Much to my disappointment, I slipped on my attic step and fractured my right big toe. I was worried it would not heal in the three months before my trip so I took it easy on my right foot. This resulted in an overcompensated gait on my left foot. One month before I was set to depart to Peru, I developed Achilles tendonitis and anterior tibialis tendonitis in my left foot. It hurt to the point I could not walk up and down my home stairs without pain. I was devastated at the fact I was leaving in four weeks for this hike.

I contacted Magnolia and they got me in for an evaluation right away. I received two to three sessions of dry needling per week. At my second session, I couldn't believe I was already pain free! Not even pain medication could leave me feeling this good. I finished my last session two days before I left for Peru.

Thanks to Magnolia Physical Therapy, not only did I complete the hike of Inca Trail, I was also able to climb the iconic mountain behind Machu Picchu, Itheyna Picchu. I am forever grateful- because of Magnolia, I could check this off my bucket list!"



Staff Spotlight:

Do You Know Mary?



Mary Schulingkamp, VPO, PTA

Mary received her Bachelor of Science degree in biology from the University of New Orleans in 2004. Mary then went on to complete her Associates Degree in Applied Science in the physical therapy assistant program at Delgado Community College in 2007. Mary Graduated as valedictorian of the program and received several awards for leadership and personality.

Through years of practice, Mary was able to narrow her focus to manual therapy which brought her to Magnolia Physical Therapy in 2013. Mary found that Magnolia was a place for her to deliver the best possible care in an outpatient setting.

Outside of work Mary enjoys spending time with her husband and two children. Mary and her husband value and enjoy all the laughter and lessons that come with parenting and building a life together.

WHY CONSIDER DRY NEEDLING



Dry needling is a technique physical therapists use to treat myofascial pain. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points.

Some dry needling techniques treat a broader landscape of the central nervous system. This is called non-trigger point treatment. Instead of inserting needles only in the area of pain, the practitioner may instead insert needles in areas around but not directly on the point of pain. This technique relies on the idea that pain is the result of a greater nerve or muscular issue, not a focused one only in the main area of pain.

Physical therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain or improve range of motion.

Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to full activity.

Dry needling provides relief for some muscular pain and stiffness. In addition, easing the trigger points improves flexibility and increases range of motion. That's why this method is often used to treat sports injuries, muscle pain, and even fibromyalgia pain.

If you or someone you know is suffering from a sports injury or aches and pains, contact us at a clinic nearest you!

www.magnoliatherapyla.com

Service Spotlight:

Massage Therapy

Our licensed and certified massage therapists are trained to thoroughly evaluate any issues you may have. Don't worry if your main concern is feeling "a little stressed out," as opposed to having a serious injury. Massage addresses a broad spectrum of health goals, from boosting general wellness to acting as a supplemental treatment for illness and injury.

3 SESSION LENGTHS AVAILABLE

30	60	90
Minutes	Minutes	Minutes

