

# Dry Needling



## Why Dry Needling

Dry Needling improves a variety of pain symptoms by using small needles to stimulate specific muscles causing a natural pain relieving reaction from your body. This relieves tension and returns your body back to natural function.

## What does Dry Needling help?

- Acute/chronic injuries
- Headaches
- Neck/back pain
- Tendinitis
- Muscle spasms
- Shoulder pain
- Hip/knee pain
- Muscle strains
- Tennis/golfer's elbow
- Patellar femoral pain syndrome
- Overuse injuries
- Calf pain
- Plantar fasciitis
- **And many more**

## It's all about the patient...

- \* One-on-one personalized care.
- \* Highest quality care available.
- \* Simple and affordable.
- \* Immediate and lasting results.
- \* Ongoing care planning where needed.

## Why Natural Living Chiropractic

I use Dry Needling to release trigger points that are causing pain or limiting your range of motion. It's used as part of an overall treatment plan as well as a stand alone service



[NaturalLivingChiropractic.com](http://NaturalLivingChiropractic.com)

Phone: 952-239-4457

Email: [drambertrice@gmail.com](mailto:drambertrice@gmail.com)