

UNCOVER LONG-LASTING

**PAIN RELIEF
WITH DRY
NEEDLING**

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KACHUMBER SALAD



UNCOVER LONG-LASTING PAIN RELIEF WITH DRY NEEDLING

Is pain preventing you from following through on your daily routine? Do you find yourself on the sidelines, watching as life goes by? If a painful condition has left you feeling frustrated, know that relief is possible with dry needling therapy.

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility.

It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

If you are dealing with one of these conditions and you're looking for relief, or if you'd like to gain more information on how dry needling could benefit you, contact Elliott Physical Therapy today!

What Exactly Is Dry Needling?

This treatment method is used by our licensed physical therapists as a way to relieve pain. When performing dry needling, our physical therapist will insert a sterile acupuncture needle through the skin, into the underlying tendons, ligaments, or muscles that have been affected, in order to relieve pain, decrease muscle tension, and improve mobility.

Muscles can develop knotted areas known as trigger points. When these trigger points are touched, they can be extremely painful. They are also frequently the source of referred pain (or pain that affects another part of the body). Clinicians insert thin, solid needles into trigger points in the skin. The needles are not used to inject medication, but rather to stimulate the tissue.

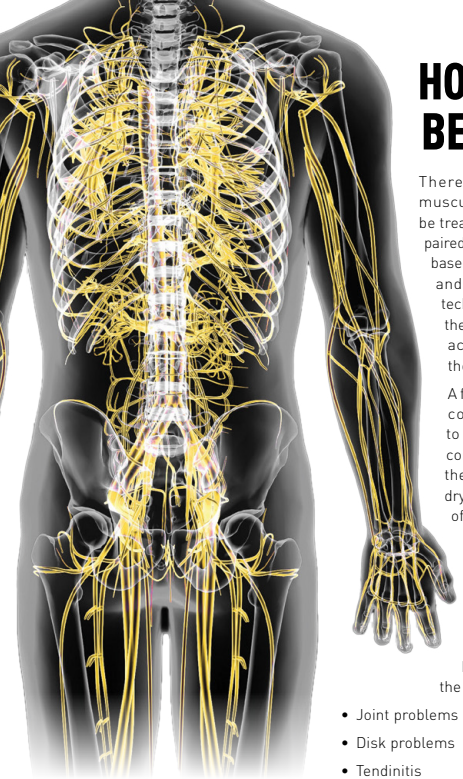
The way your body moves is affected by pain. Dry needling is thought to alter the way the brain and muscles communicate with one another, allowing the system to return to a more normal movement pattern.

While it is a common misconception, dry needling is not acupuncture. It is based on a modern scientific study of musculoskeletal and neuromuscular systems. While there are some similarities, dry needling is strictly based on Western medicine principles and research. It provides an environment that enhances the body's ability to heal, ultimately reducing pain in the process.

Does Dry Needling Hurt?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained physical therapists know how to make the process as painless as possible; however, some patients may still experience a "twitch response" with the insertion of the needle.

This is comparable to a quick muscle cramp or ache. The 24-48 hours following a dry needling treatment may also result in muscle soreness, which should go away on its own. Sore muscles can be treated at home by applying ice and/or heat packs and drinking plenty of fluids.



HOW WILL DRY NEEDLING BENEFIT ME?

There is a large variety of musculoskeletal issues that can be treated with dry needling. When paired with our traditional exercise-based physical therapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

After conducting a comprehensive evaluation to assess the nature of your condition, our skilled physical therapists will let you know if dry needling is the best course of treatment for you. We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing delayed onset muscle soreness.

Dry needling may also treat the following conditions:

- Joint problems
- Disk problems
- Tendinitis

- Migraine and tension-type headaches
- Jaw and mouth problems (such as temporomandibular joint disorders or TMD)
- Whiplash
- Repetitive motion disorders (like carpal tunnel syndrome)
- Spinal problems
- Pelvic pain

Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. If you are interested in our dry needling services, don't hesitate to contact Elliott Physical Therapy today to request an appointment. We'll get you started on the path toward recovery!

Ready to Start Living Without Pain Slowing You Down?

Are you tired of living with pain? Dry needling is a thoroughly studied pain relief technique that has been proven to be safe and highly effective. What are you waiting for? Contact Elliott Physical Therapy today to request an initial appointment and get back to living the life you deserve.

Sources: <https://my.clevelandclinic.org/health/treatments/16542-dry-needling>

EXERCISE ESSENTIALS

Strengthen core and stretch back muscles

SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.



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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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STAFF SPOTLIGHT



Bridget Monagle, PT, DPT

Bridget Monagle, PT, DPT graduated from the University of Rhode Island with a Bachelor of Science degree in Kinesiology with a concentration in exercise science. She continued her education at the University of Rhode Island and graduated from the accelerated Doctor of Physical Therapy program. During her education, she traveled to Lesvos and Athens, Greece with Team Humanity,

a non-profit humanitarian organization that provides aid for refugees from Turkey, Syria, Iraq, Saudi Arabia, and Northern Africa. During her time in Greece, she provided physical therapy evaluation and treatment to refugees with musculoskeletal disorders.

Bridget's work in outpatient orthopedics has included working with post-operative patients, veterans and athletes (such as weekend warriors, student and professional athletes), both on land and in the pool. Bridget is certified in Integrative Dry Needling, and is a member of the American Physical Therapy Association (APTA) and the National Society of Collegiate Scholars.

Bridget enjoys staying active by strength training, hiking, doing yoga, skiing, and taking her dog, Buddy, on walks. She also enjoys going to the beach and reading outside. She grew up in Canton, MA.

Dr. Bridget Monagle, PT, DPT is currently accepting new patients at our Mansfield location. You can schedule an initial evaluation to see if dry needling is appropriate for your needs. Call to schedule an appointment with her to get started on treatment today!

WHAT BRIDGET'S PATIENTS ARE SAYING

"Great team in Mansfield! Special shoutout to Bridget M. for the awesome care."

— Caraline

"Bridget is very knowledgeable and professional."

— Theresa

DON'T DELAY — COME BACK TO PT TODAY

SCHEDULE A TELEHEALTH OR IN-CLINIC CONSULTATION

Schedule your telehealth or in-clinic consultation with a physical therapist.

WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

FROM OUR KITCHEN TO YOURS

KACHUMBER SALAD (INDIAN SALAD)

- 1 small onion, finely chopped
- 2 medium tomatoes, chopped small
- 1 large cucumber, chopped small
- 4-5 red radishes, chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if desired)
- 1/4 cup packed chopped cilantro
- 1/4 tsp or more salt
- 1/4 tsp or more freshly ground black pepper
- 1/4 tsp or more cayenne chili powder
- 1 tsp or more freshly squeezed lime or lemon juice



Chop the onions, tomatoes, cucumbers and radishes. Drain well then add to a bowl. Add the rest of the ingredients. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

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PHYSICAL THERAPY

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