



UNCOVER LONG-LASTING *Pain Relief With Dry Needling*

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CALL TO SCHEDULE YOUR APPOINTMENT TODAY! (870) 600-0738

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 GTS Physical Therapy today!

What exactly is dry needling?

This treatment method is used by our licensed physiotherapists as a way to relieve pain. When performing dry needling, our physiotherapist 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.

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

BECOME STRONG BY ATTENDING OUR HOMETOWN WORKSHOP

SHOULDER PAIN WORKSHOP
JULY 12TH, AT 5:00 PM
MOUNTAIN HOME LOCATION

SHOULDER PAIN WORKSHOP
JULY 14TH, AT 5:00 PM
BATESVILLE LOCATION

SHOULDER PAIN WORKSHOP
JULY 18TH, AT 4:00 PM
HIGHLAND LOCATION

SHOULDER PAIN WORKSHOP
JULY 19TH, AT 5:00 PM
CAVE CITY LOCATION

SHOULDER PAIN WORKSHOP
JULY 26TH, AT 4:00 PM
POCAHONTAS LOCATION

CHECK US OUT!



GTS has 8 new clinicians certified in dry needling along with 2 completing an audit. GTS Physical Therapy now offers dry needling in the following locations: Mountain Home, Salem Highland, Pocahontas, Walnut Ridge. Tuckerman, Cave City, Batesville, Batesville-Southside, Melbourne

***Pictured: Back Row L to R:** Larinda James, PTA, Hunter Daniels, PT, Brandyn Batterton, PT, Callen Ray, PT, Marla Hendrix, PTA, Katherine Dunegan, PT, Reannon Russell, PT and Colten Marlin, PT*

***Front Row L to R:** Brandi Hankins, PTA and Corinne Murphy, PTA*

Acai Smoothie Bowl

INGREDIENTS

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla Greek yogurt
- 1 tbsp honey
- 1 frozen packet of acai berry puree (100 grams)



- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

DIRECTIONS

Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

<https://www.dinneratthetoo.com/acai-bowl-recipe/>

MONTHLY SPECIAL

Call us today and reference this coupon for a free 30-minute screening with one of our therapists.

FREE SCREENING

Scan the qr code below to visit our website and see more information



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 physiotherapy 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 & tension-type headaches
- Jaw and mouth problems
- Whiplash
- Repetitive motion disorders

- 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 GTS 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 GTS Physical Therapy today to request an initial appointment and get back to living the life you deserve.

We currently have six therapists certified in dry needling including: Colten Marlin-GTS Cave City, Hunter Daniels-GTS Tuckerman, Brandyn Batterton-GTS Highland, Katherine Dunegan-GTS Batesville-Southside, Reannon Russell-GTS Melbourne, and Brandi Hankins-GTS Cave City.



"Alicia McBryde did a super job and Tiffany. They helped me get more mobility in my left shoulder, which helped with my pain under my scapula. I'm forever grateful and would recommend them to everyone." - GTS Patient

We want to hear from you!

How did we help you? Leave us a review today so that we can help more people in our community. At GTS, it is enjoyable for us as therapists to help our patients achieve goals that are purposeful to them. Scan the QR code to tell your story now!



EXERCISE ESSENTIALS

Good stretch for any type of exercise or warm-up.

Prone Alternate Leg

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Slowly lower and then raise the opposite side. Do not allow your spine to move the entire time. Alternate 20 times.



COME BACK TO PT!

(870) 600-0738

GTS_{PHYSICALTHERAPY.COM}

