



## What is Dry Needling?

Dry needling allows direct treatment of the deep and superficial tissues, which contribute to dysfunction. It is often used in conjunction with other therapy treatments. Though dry needling and acupuncture both use a “dry” needle, one without medication or injections, they are different techniques. Some of the symptoms treated by dry needling include:

- Back Pain
- Shoulder Pain
- Muscle Tightness
- Joint Dysfunction
- Impaired Movements
- Headaches

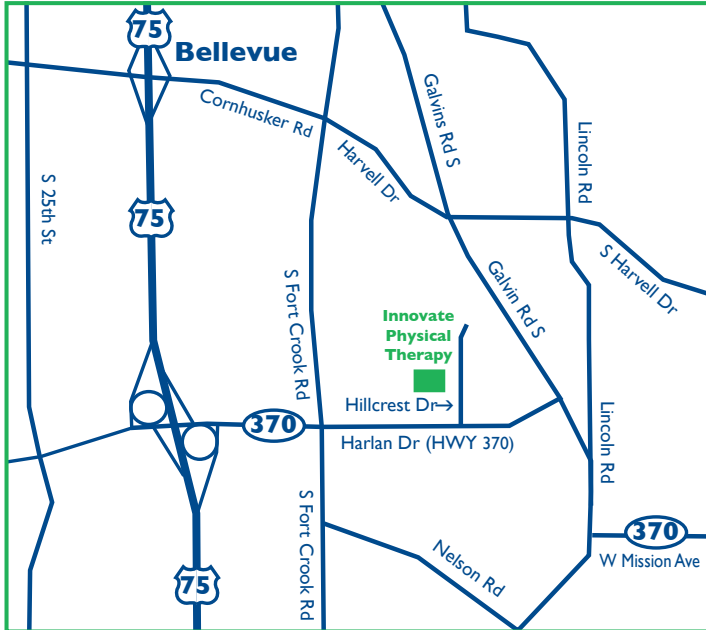
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## Why Choose Innovate Physical Therapy?

- Dry needling at Innovate Physical Therapy involves personalized care with a highly trained specialist
- Innovate therapists create an individualized plan for each client to ensure that every individual receives the right care to fit their needs
- Private therapy rooms are available for a comfortable therapy experience

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**Want to learn more? Visit [innovate-pt.com](https://innovate-pt.com) or call (402) 682-4210.**

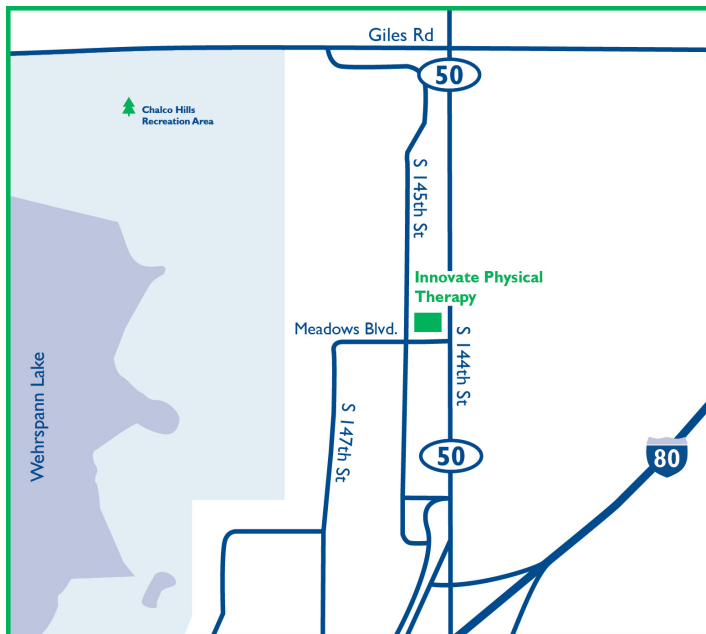


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