

WHAT'S THE DIFFERENCE BETWEEN NEEDLING TECHNIQUES?

There are three common needling techniques: Acupuncture, Dry Needling, and Intramuscular Stimulation (IMS). While all three techniques use the same type of needle, the method and goals of treatment differ.



ACUPUNCTURE

Traditional acupuncture is a very gentle technique with only mild discomfort with insertion of the needles. Treatment areas are based on the principles of Chinese meridians (channels of energy flow in the body) which has hundreds of acupuncture points all over the body. The needles are typically left in for longer periods and the purpose is to stimulate the body's release of natural painkillers (endorphins) and anti-inflammatories as well as trigger point release of tight muscles and flow of qi.

IMS

Intramuscular Stimulation (IMS) is a total system for the diagnosis and treatment of chronic pain of a neuropathic (nerve) origin. Neuropathic pain occurs when nerves malfunction following injury or tissue irritation. Similar to dry needling, only one needle is inserted at a time and stays in for only a few seconds. While IMS may create some muscle soreness during treatment that may last a day or two, it is followed by significant muscle relaxation, improved mobility and reduction of pain.

DRY NEEDLING

Dry needling is primarily directed at trigger points and myofascial pain (tender palpable points within the muscle). Only one needle is inserted at a time and stays in for only a few seconds. The goal is to release or inactivate trigger points to relieve pain or improve range of motion, and reduce muscle tension.

