

No Referral Needed!

You no longer need a referral for physical therapy! Come see us and take hold of a changed life today!

Uncover Long-Lasting Pain Relief With Dry Needling

COMPLEATREHAB.COM

Compleat Rehab
and Sports Therapy

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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 Compleat Rehab & Sports 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.

**Our goal is to help you reach yours!
Come back into our clinic for treatment
and take a step towards better health.**

Let's get you better ASAP! Call today to schedule your appointment.

China Grove	(704) 859-5040	Lincolnton	(704) 748-0516	South Gastonia	(704) 830-2136
Gastonia	(704) 824-7800	Locust	(704) 781-4090	Steele Creek	(704) 295-4121
Harrisburg	(980) 255-3610	Mint Hill	(980) 729-6525	Mount Holly	(980) 477-8420
Highland Creek	(980) 288-5440	South Charlotte	(704) 751-0532		

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 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 Compleat Rehab & Sports 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 Compleat Rehab & Sports 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>

CompleatRehab.com



Our Patients Get Great Results!

"I couldn't ask for nicer people from the front desk to the physical therapists. My experience was very pleasant and professional."

Google 5-Star Review
China Grove Clinic



Good attendance deserves a PRIZE!

CR

Contest starts December 1st!

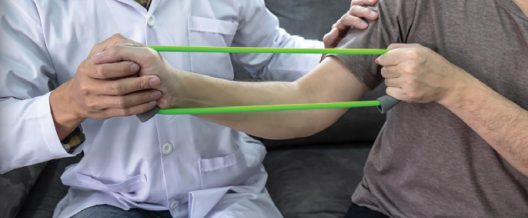
Beanie or Blanket?*

- Attend 100% of scheduled appointments
- Minimum of 4 appointments**

(*While supplies last, choice limited to availability)

(**Cancellations accepted only if rescheduled within the same week)

Compleat Rehab
and Sports Therapy



It's Easier To Get Physical Therapy Than You Think!

Did You Know You Have Direct Access To Physical Therapy without a doctor's prescription?

Whether you want to come in for a check-up, suffered a recent injury, or want to improve your health, a physician referral is not needed. In the state of North Carolina you have direct access to physical therapy!

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well.

Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

What Is Direct Access?

If you've never heard of direct access, have no fear. Compleat Rehab and Sports Therapy has you covered!

Direct access allows you to be in control of your healthcare and the speed at which you're able to receive it. Direct access laws allow patients to receive an evaluation and treatment from a physical therapist without a physician's referral. This means less time and money spent trying to find a solution to your pain and discomfort.

North Carolina is one state that allows direct access to physical therapy. GetPT's website thoroughly outlines the requirements for physical therapy clinics in our state to treat direct access patients, stating:

A physical therapist can treat direct access patients when:

- The therapist thinks the care is within his or her scope. If a therapist thinks the care is outside of his or her scope, he or she must refer the patient to an appropriate healthcare provider.
- The PT does not diagnose a disease.
- The therapist does not perform manipulation of the spine. The therapist must have a prescription in this case.

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Exercise Essentials



Shoulder Extension

Lean forward, supporting yourself with your arm (as shown) or against a chair or counter and hold a free weight at your side. Keeping your elbow straight and shoulders relaxed, raise your arm up behind your body. SLOWLY lower arm "fighting" the resistance. Repeat 6-10 times on the affected arm(s).



*Exercises copyright of
www.simpleset.net*

Schedule Your Appointment Today!

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We Offer Free Consultations!

Call your nearest Compleat Rehab & Sports clinic or visit us online at CompleatRehab.com today to schedule your free consultation!