

*"Helping patients stay independent and pain free since 1989"*

## **DRY NEEDLING UPDATE**

September 21, 2022

Dear Valued Patients,

We got it back! We got Dry Needling back! Back in February 2017 the State of New Jersey took away our ability to use Dry Needling as part of our treatment options, which we had been using successfully and safely for many, many years. Earlier this year the state legislature voted to allow physical therapists to resume using Dry Needling. As of September 12, 2022, we have been able to resume Dry Needling to help our patients! Dry Needling, as part of an overall physical therapy treatment protocol, offers unprecedented therapeutic benefits for our patients, up to 70% faster than conventional physical therapy.

Dry Needling is not a stand alone treatment strategy. It is optimal with exercise and manual therapy. We have also been trained in two perspectives of Dry Needling with use of acu points, as well as, myofascial trigger points. These approaches overlap and optimize effectiveness.

One example showing Dry Needling's effectiveness, a patient with an orofacial pain condition involving myogenic tooth pain achieved immediate and complete relief, which conventional therapy could not address effectively. These unmatched results have also been achieved with other conditions such as TMJ, orthopedic, and headaches/migraines. Dry Needling performed by a PT specially trained in soft tissue pain physiology offers unmatched pain relief, and reduces the time necessary to return to full function. Dry Needling gives patients non-pharmacological pain relief by stimulating the body's own endogenous pain relief system, while facilitating the body's own healing response.

We are the area's only Board Certified physical therapy practice that is trained in TMD, and also trained in:

1. Dry Needling and soft tissue pain physiology
2. Airway and sleep
3. Myofunctional therapy (tongue and oropharyngeal hyoid weakness and dysfunction)
4. Pain and movement science (people in pain do not move like people without pain)

Please call for a free consultation. We can help. Be well and be safe.

Sincerely,

*Carol N. Cote'*

Carol N. Cote, PT, CCTT  
President and Director of Physical Therapy