

DISCIPLINES

We have a team of dedicated professionals working collaboratively to get you back to work, sport, and life.

- Physiotherapy
- Chiropractic
- Massage Therapy
- Kinesiology
- Athletic Therapy
- Psychology
- Sport Medicine Physician

PROGRAMS & SERVICES

In addition to the disciplines above, we have developed specialized programs in the following areas:

- Concussion
- Pelvic Health
- Vestibular Rehabilitation
- Dance Science
- GLA:D Hip and Knee Programs
- Custom Orthotics and Bracing
- IMS, Dry Needling, Acupuncture
- WCB and MVA
- GLA:D Chronic Lower Back Pain program

Your healing will come easily in our relaxed and fun environment with private treatment areas, spacious strength training areas and work conditioning gyms. For your convenience, we have direct billing with most insurance companies and weekend and evening hours available.

LOCATIONS

Momentum Health has 7 locations in Calgary. Call today!

NW • Momentum Health Creekside
Creekside Clinic
4, 12192 Symons Valley Rd NW
Phone: (403) 239-6773

SW • Momentum Health West Springs
West 85th
2200, 8561 8A Avenue SW
Phone: (403) 453-3373

SW • Momentum Health Westbrook
Corus Centre
312, 3320 17 Avenue SW
Phone: (403) 454-1600

NE • Momentum Health Deerfoot
Deerfoot City
5142-901 64 Avenue NE
Phone: (403) 228-7968

SE • Momentum Health Ogden
Lynnwood Shopping Centre
1C, 7005 18 Street SE
Phone: (403) 236-0106

SE • Momentum Health Mahogany
Mahogany Village Market
110, 7 Mahogany Plaza SE
Phone: (403) 454-8460

SE • Momentum Health Seton
Seton Professional Centre
3815 Front Street SE #129
Phone: (403) 455-6865



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WHAT IS DRY NEEDLING?

Dry needling is a treatment technique used by physiotherapists, where a thin sterile acupuncture needle is inserted in trigger points, or taut bands of muscle in order to create a reset of tension within the targeted muscle. When a needle is inserted into a trigger point, it elicits a response that releases that triggerpoint and helps restore normal function. This method of treatment aims to release muscular tension, reduce local and referred pain, improve range of motion and create a neuromuscular reset.

WHAT TO EXPECT DURING DRY NEEDLING?

During dry needling, the practitioner inserts a filiform needle into the skin. Filiform needles are fine, short, stainless steel needles that don't inject fluid into the body. That's why the term "dry" in dry needling is used.

Practitioners insert the needle directly into trigger points in the muscle or tissue. These points are areas of knotted or tight muscle. The needles remain in the skin for a short period of time (5-10 seconds). Not all healthcare professionals are registered to perform dry needling as it is an additional certification. We will consult with you regarding the benefits and appropriateness of using this treatment technique.

Patients will often feel a small pinch as the sterile needle passes through the skin and as the needle reaches deep within the muscle, a sensation of ache and sometimes twitch can indicate immediate effectiveness. For dry needling to be effective, a twitch response may not always be present and can still elicit the desired muscular release.

POSSIBLE SIDE-EFFECTS AND AFTERCARE

After the treatment has been applied, a temporary sensation of soreness can be expected due to the reset of the muscle that took place; this should not exceed 24 hours, nor should it cause the initial pain intensity to increase. Patients are advised to apply heat and encourage light activity of the targeted muscles and joints post-needling, which have shown to help limit the amount of local soreness felt after this treatment.

Possible side effects for dry needling include bruising, infection, metal allergy and pneumothorax. A certified physiotherapist is trained to apply safeguards such as the Clean Needle Technique, Universal Precautions, and will use their advanced knowledge of human anatomy, in order to decrease the risk for adverse events associated with dry needling.

DRY NEEDLING VS ACUPUNCTURE

Both dry needling and acupuncture involve the insertion of thin needles into certain parts of the body, but the similarities stop there. During an acupuncture session, needles are inserted at specific meridian points of the body to re-balance the internal environment. During acupuncture, the needles are usually left in place for 10-30 minutes, whereas with dry needling, only one needle is applied at a time and typically takes 5-10 seconds. Dry needling is more localised and specific to certain muscle groups with the desired effects being similarly localised, as they focus more on restoring mechanical function rather than pain relief.

HOW DOES BILLING WORK?

How your appointment is billed changes based on who provides the treatment. If dry needling is provided by a physiotherapist, your insurance will be billed under physiotherapy coverage. If an acupuncturist provides treatment, then they can bill you as an acupuncturist. Most of our practitioners are dry needling trained under their existing qualifications (Physiotherapy or Chiropractic), but occasionally you will have a practitioner who is also trained as an acupuncturist and can access those additional benefits.

HOW MANY TREATMENTS DO I NEED?

The number of treatments will depend on the condition being treated, its severity, stage of healing, as well as responsiveness to treatment. Patients are advised that under certain conditions, multiple treatments may be needed to achieve the desired outcome. Research has shown that dry needling benefits tend to be maintained for longer periods of time when combined with the practice of targeted exercises prescribed by a physiotherapist or kinesiologist.

REFERENCES:

- Dommerholt, J. (2011). Dry needling - peripheral and central considerations. *The Journal of Manual & Manipulative Therapy*, 19(4), 223-227. <https://doi.org/10.1179/106698111X13129729552065>
- Koppenhaver, S. L., Walker, M. J., Rettig, C., Davis, J., Nelson, C., Su, J., Fernández-de-las-Peñas, C., & Hebert, J. J. (2016;2017;). The association between dry needling-induced twitch response and change in pain and muscle function in patients with low back pain: A quasi-experimental study. *Physiotherapy*, 103(2), 131-137.

