

Dry Needling is a treatment technique that utilizes thin, solid filament needles to deactivate and desensitize trigger points in muscles. Dry Needling is also known as Intramuscular Manual Therapy (IMT). Dry Needling has been found to efficiently reduce myofascial pain contributed by trigger points or knots; and contribute to improved function and promote healing muscles in numerous scientific research studies.

At PJSC, our physiotherapists are trained and certified by an accredited course and/or Association in Dry Needling.

## Contact Us

### Opening Hours

|            |                         |
|------------|-------------------------|
| Mon to Thu | 8am - 5pm               |
| Friday     | 8am - 12pm<br>2pm - 5pm |

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PANTAI JERUDONG  
SPECIALIST CENTRE



## Dry Needling





## The Difference between Dry Needling and Traditional Acupuncture

Traditional Acupuncture aims to promote health and restore “energetic balance” by stimulating the meridian points in the body and utilizing Chinese medicine and assessment methods.

Chinese Traditional Acupuncture is practiced in Asia over 1000 years and is based on acupuncture the meridians (energetic pathways) to redistribute the disrupted chi (life energy) in our bodies. It is believed that illness, disease and other ailments can be caused by stagnant chi.

Unlike Traditional Acupuncture; Dry Needling is based on western neuroanatomy and modern scientific study of the musculoskeletal system. The Dry Needling practitioner may occasionally acupuncture meridian points as it also corresponds with nerves, motor points and trigger points in muscles and treating these areas can have a positive therapeutic effect on injured muscles, nerves and assist with improving body functions. However it is incorrect to refer to a practitioner of Dry Needling as an acupuncturist.

## Dry Needling & Trigger Point Release

The contracted nature of the trigger point can be disrupted by Dry Needling and achieved local twitch responses. It can cause positive local biochemical changes, which result in an increase of blood flow and promotes healing. Dry Needling also stimulates certain neurological sensors in the body which modulate pain signals.

## Type of conditions that can be treated by Dry Needling

Muscle dysfunction can be primary or secondary contributing factor to many neuromusculoskeletal conditions. They include but not limited to repetitive stress injuries, neck pain, back pain, muscle tightness, frozen shoulder headaches and plantar fasciitis. If active trigger points are found to be causing pain, muscle tightness and / or muscle weakness then they would benefit from being treated by Dry Needling.

## Contraindications for Dry Needling

Few important contraindications are systemic infection, bleeding disorder, allergic to metal, epilepsy, sensory deficit, lymphoedema, tumour, implant, etc.

## Dry Needling is slightly uncomfortable but not a very painful procedure

You may feel a sharp prick but most people do not feel the insertion of the needle. The local twitch response elicits a very brief cramping and/or deep aching sensation which may or may not refer. Elicitation of local twitch responses and recognizable referred pain is a good and desirable reaction because it confirms a possible source of dysfunction. Most patients commented that they experience bearable discomfort and is much less painful when compared to a medication injection.

## Only Sterile Needles Used

We only use the highest quality sterile disposable needles and do not reuse them.

## Duration to Pain Relief

In most cases, you will have decreased pain and improved functional mobility immediately. However for a lasting positive effect, it may take a few sessions and some simple exercises prescribed by the Physiotherapists.

## Side Effects following Dry Needling

It is typical to experience soreness in the area treated for 1-2 days. The soreness is quite tolerable for most and is easily alleviated with cold/heat and stretching.