

TRIGGER POINT DRY NEEDLING (TDN)

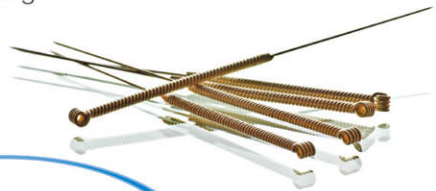
[now available at Peak Performance Physical Therapy]

TDN is a treatment for muscular tightness and spasm which commonly follows injuries and often accompanies the degenerative processes.

Muscular tightness and spasm can lead to compression and irritation of the nerves exiting the spine. When nerves are irritated, they cause a protective spasm of all the muscles to which they are connected. This contributes to decreased mobility and pain in the area. Dry needling uses small, thin needles that are inserted in the muscles at the trigger points creating a local twitch response. Dry needling releases the trigger points allowing the muscles to relax, improving flexibility and decreasing the pain symptoms.



Ask your therapist if this is an appropriate treatment for you.



Available at these three Peak Performance locations:

11320 Industriplex Blvd. / Baton Rouge / **225.295.8183**

7069 Perkins Road, #A / Baton Rouge / **225.769.6161**

145 Aspen Square, #A / Denham Springs / **225.667.8989**

www.peakphysicaltherapy.com