

# Crystal Lake and Huntley Physical Therapy

PROVIDING EXCELLENT SERVICE, QUALITY CARE, AND SUPERIOR RESULTS FOR OUR PATIENTS AND THEIR PHYSICIANS



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*We thank you for taking a moment to read our newsletter that is specifically designed for YOU! We want to be the organization that you can trust for updated information in the rehab industry.*

## Focus



## 5 Indications Dry Needling Is Right For You!

Alecia Grounds, PT, DPT

Dry needling is the process of inserting a thin, filiform (acupuncture) needle directly into an area of a muscle that has developed a trigger point. Trigger points are hyperirritable areas of muscles that can cause significant pain and movement problems. This process is considered “dry” because it does not involve the use of medication or injections. Physical therapists must undergo specialized training beyond their Doctoral degree that allows them to perform Trigger Point Dry Needling. This includes extensive hands-on training and American Physical Therapy Association approved Certification. You may be a candidate for this type of treatment if you answer yes to any of the following:

- **Do you live day to day on pain medications?** Pain can be a good thing because it tells us when

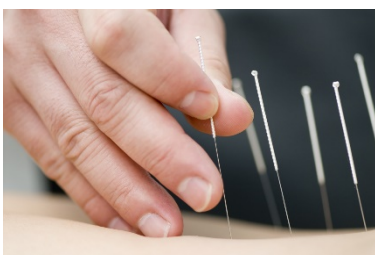
Something is wrong in our body. However, pain in your muscles that lasts for a long time may be a result of trigger points in your muscles. These can be fixed with dry needling instead of masked with pain medications

- **Do you rely on massage and other forms of brief relief from your pain?** Massage and other forms of manual trigger point release may take a long time to rectify the problem or not be effective at all. Dry needling can directly relax the trigger point and provide significant pain relief and muscle relaxation.
- **Are you looking for pain relief with minimal side effects?** The side effects of dry needling are very minimal and include achiness and general fatigue (much like working out would cause) These symptoms usually last 24-48 hours and ice is suggested to help.

- **Do you have decreased range of motion or freedom?** Often times trigger points (that painful muscle knot) can cause tightness and stiffness. That can then lead to the muscle shortening in length (loss of flexibility). Dry needling along with a stretching program can help you increase your range of motion and flexibility once more helping you become more free and get back to the things you were doing.
- **Do you want to be active and live a healthier lifestyle?** One thing is certain, chronic trigger points do not just go away. And not doing anything about them can have long-term effects on your body that are extremely hard to reverse. Dry needling can help take care of the pain and stretching can help you get the flexibility back and then you get back to living life!

## Dry Needling at Crystal Lake Physical Therapy

Dry needling is not appropriate for every individual and certain medical conditions need to be taken into consideration. When utilized correctly, dry needling can be a powerful tool in reducing pain and restoring function. This therapeutic intervention is currently only offered in our Crystal Lake office by Alecia Grounds, PT, DPT. Dry needling is not something that is covered by insurance and costs \$75 for an hour session. Call Crystal Lake Physical Therapy at (815)893-8480 if you have any questions about whether this service could be a good fit for you or to schedule your appointment.





# Physical Therapy For Pain Management

## When To Choose Physical Therapy Before Pain Medication

According to the Centers for Disease Control and Prevention (CDC), sales of prescription opioids have quadrupled in the United States, even though "there has not been an overall change in the amount of pain that Americans report."

In response to a growing opioid epidemic, the CDC released opioid prescription guidelines in March 2016. The guidelines recognize that prescription opioids are appropriate in certain cases, including cancer treatment, palliative care, and end-of-life care, and also in certain acute care situations, if properly dosed. But for other pain management the CDC recommends nonopioid approaches like physical therapy.

Patients should choose physical therapy when:

--*The risks of opioid use outweigh the rewards.* Potential side effects of opioids include depression, overdose, and addiction, plus withdrawal symptoms when stopping opioid use. Because of these risks, experts agree that opioids should not be considered firstline or routine therapy for chronic pain,

--*Patients want to do more than mask the pain.* Opioids reduce the sensation of pain by interrupting pain signals to the brain. Physical therapists treat pain through movement while partnering with patients to improve or maintain their mobility and quality of life.

--*Pain or function problems are related to low back pain, hip or knee osteoarthritis, or fibromyalgia.* The CDC cites "high-quality evidence"

supporting exercise as part of a physical therapy treatment plan for these conditions.

--*Opioids are prescribed for pain.* Even in situations when opioids are prescribed, the CDC recommends that patients should receive "the lowest effective dosage," and opioids "should be combined" with nonopioid therapies, such as physical therapy.

--*Pain lasts 90 days or more.* At this point, the pain is considered "chronic," and the risks for continued opioid use increase. An estimated 116 million Americans have chronic pain each year. The CDC guidelines note that nonopioid therapies are "preferred" for chronic pain.

## STAFF SPOTLIGHT

Alecia Grounds, PT, DPT



Alecia graduated from Carroll University in Waukesha Wisconsin with her doctorate in physical therapy in 2011. She has over 7 years experience and has worked with a variety of different diagnoses. She loves taking physical therapy continuing education classes to become familiar with different treatment techniques to help her patients improve. She is currently certified to practice dry needling and has a specialty treating runners.

**Pain is personal, but treating pain takes teamwork. When it comes to your health, you have a choice. Choose more movement and better health. Choose Physical Therapy!**

Coming up in our next issue:

--Physical Therapy Before, After and During Your Pregnancy

--Do You Leak!?! A Guide To Helping Manage And Cure Incontinence With Physical Therapy

Please feel free to contact us at either of our locations to schedule an appointment! Remember, you no longer need a prescription or a referral from your physician to see a physical therapist!



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