MALVERN
PHYSICAL THERAPY

NEWSLETTER



WHAT IS DRY NEEDLING?

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HEALING WITH DRY NEEDLING

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility. It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

If you are dealing with one of these conditions and you're looking for relief, or if you'd like to gain more information on how dry needling could benefit you, contact Malvern Physical Therapy today!

WHAT EXACTLY IS DRY NEEDLING?

This treatment method is used by our licensed physical therapists as a way to relieve pain. When performing dry needling, our physical therapist will insert a sterile acupuncture needle through the skin, into the underlying tendons, ligaments, or muscles that have been affected, in order to relieve pain, decrease muscle tension, and improve mobility. While it is a common misconception, dry needling is not acupuncture. It is based on a modern scientific study of musculoskeletal and neuromuscular systems. While there are some similarities, dry needling is strictly based on Western medicine principles and research. It provides an environment that enhances the body's ability to heal, ultimately reducing pain in the process.

DOES IT HURT?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained physical therapists know how to make the process as painless as possible; however, some patients may still experience a "twitch response" with the insertion of the needle. This is comparable to a quick muscle cramp or ache. The 24-48 hours following a dry needling treatment may also result in muscle soreness, which should go away on its own. Sore muscles can be treated at home by applying ice and/or heat packs and drinking plenty of fluids.

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive and get ready for fun fall activities!

(501) 359-5948 | www.malvernphysicaltherapy.com

WILL DRY NEEDLING BENEFIT ME?

There is a large variety of musculoskeletal issues that can be treated with dry needling. When paired with our traditional exercise-based physical therapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

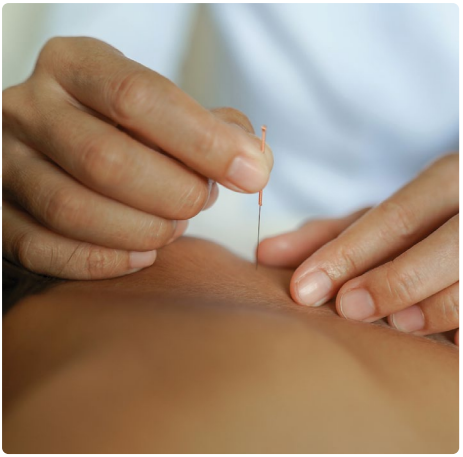
After conducting a comprehensive evaluation to assess the nature of your condition, our physical therapist will let you know if dry needling is the best course of treatment for you. We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing delayed onset muscle soreness.

DRY NEEDLING MAY ALSO TREAT THE FOLLOWING CONDITIONS:

- Joint problems
- Disk problems
- Tendinitis
- Migraine and tension-type headaches
- Jaw and mouth problems (such as
- temporomandibular joint disorders or TMD)
- Whiplash
- Repetitive motion disorders (like carpal tunnel syndrome)
- Spinal problems
- Pelvic pain

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Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. If you are interested in our dry needling services, don't hesitate to contact Malvern Physical Therapy today to request a free discovery session. We'll get you started on the path toward recovery!



WITCH GUACAMOLE: PERFECT FOR YOUR NEXT HALLOWEEN PARTY!

THIS SIMPLE RECIPE IS YUMMY AND SPOOKY!

INSTRUCTIONS:
- Ripe avocados
- RO*TEL® Original Diced Tomatoes & Green Chilies
- Chopped onion
- Fresh lime juice
- Sea salt
- Freshly-ground black pepper



INSTRUCTIONS: Pit and peel three ripe avocados. In a medium mixing bowl, mash the avocado with a fork. Stir in the drained tomatoes, chopped onion, and lime juice. Season the dip with salt and pepper to taste. Pull out an oval serving tray. Spread guacamole evenly over the bottom 3/4 of the platter. Form a triangular face shape that's slightly rounded at the bottom.

EXERCISE ESSENTIALS

Helps To **Improve Foot Pain**

PT WIRED
www.simpleset.net

SEATED EXTENDED HEEL PUMPS

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



Patient Success **Spotlight**



"This is a great place with friendly, knowledgeable staff that help and make you smile." — R.D

"The therapy that I have received here has helped me a lot. Everyone has helped me do the things that I needed to do to get me back on my feet. This is a friendly place to be and do my physical therapy." — C.E.

IF YOU NEED TO HAVE THERAPY:

1) CHOOSE Physical Therapy 2) GO to all prescribed therapy appointments!

Staff **Spotlight**



Gwyn Foster

Physical Therapist at Malvern Physical Therapy

Gwyn is originally from Burnsville, MS where her family still lives. She is currently a resident of Little Rock. Gwyn attended the University of North Alabama receiving her BS in Health, Physical Education and Recreation, she also attended UCA receiving her Doctorate of Physical Therapy. In her spare time she enjoys volunteering for KLIFE, going on adventures, games nights with friends, hiking, and reading. One thing she would love to do one day is visit all 30 MLB stadiums. Gwyn joined our team in August of 2020.

When asked what her favorite part of the job is she says:

"Helping patients regain function, while working in a fun and community oriented clinic." **— Gwyn**

MALVERN
PHYSICAL THERAPY

FUN & GAMES

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