

# PROTAILORED PHYSICAL THERAPY LLC



ORTHOPEDIC AND PELVIC FLOOR



VESTIBULAR REHABILITATION



DEEP TISSUE LASER THERAPY



DRY NEEDLING



CUSTOM ORTHOTICS



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## Dry Needling vs Acupuncture

Have you ever been interested in dry needling (DN)? Have you ever had acupuncture done? Have you ever wondered what the difference is between the two? Acupuncture has a history dating back over 8,000 years from the Chinese. Acupuncture was documented in book form around 304-204 B.C. in the Nei Jing, the earliest book written on Chinese Medicine. Acupuncture is the use of a small needle placed along a Meridian line, a line of energy or map of energy in the body. It is believed to alter the body's energy (Qi) to give a relaxation response, have a positive effect on health, and more. Research on acupuncture since the 1950's has been widely studied, and there are many physiological changes that occur from acupuncture. However, other than the small needle and some of the physiological benefits described in acupuncture literature, DN is entirely different.

In recent years, DN has become a popular topic within the medical community. However, DN has been in practice since the 1960s. It became quite popular in 1983, when Janet G. Travell M.D. and David G. Simons M.D. published their book where they described injecting medicine into muscles. Many physicians began implementing these practices into their treatment of pain conditions, by injecting pain relievers and anti-inflammatory drugs into painful bundles of muscle (trigger points). Many physical therapists began adopting these same practices without injections while still using the same techniques for relief of pain which is how dry needling came to be.

The American Academy of Orthopedic Manual Physical Therapists (AAOMPT) both describe their stance on DN: "Research supports that dry needling improves pain control, reduces muscle tension, normalizes biochemical and electrical dysfunction of motor end plates, and facilitates an accelerated return to active rehabilitation." 2

DN is an effective treatment option for individuals with acute injuries such as muscle strains and ligament sprains, as well as chronic injuries such as headaches, golfer's elbow, shoulder impingement, and tennis elbow. The goal of the DN session is to target the muscles, tendons, ligaments, fascia, and nerves that are the root of these pain and inflammation based conditions. While many medications target the pain and decrease the inflammation in the whole body, the DN is targeted specifically at the problematic tissues. Your physical therapist may utilize these techniques as another means of getting you back to functioning and living your life. If you or a family member feels that DN may be beneficial for you, please do not hesitate to call and schedule an appointment. We have multiple therapists trained in various schools of DN to give you the optimal change of a swift recovery.

References: 1. <https://kootenaycolumbiacollege.com/history-of-acupuncture/> 2. [https://aaompt.org/Main/About\\_Us/Position\\_Statements/Main/About\\_Us/Position\\_Statements.aspx?hkey=03f5a333-f28d-4715-b355-cb25fa9bac2e](https://aaompt.org/Main/About_Us/Position_Statements/Main/About_Us/Position_Statements.aspx?hkey=03f5a333-f28d-4715-b355-cb25fa9bac2e) 3. <https://spinalmanipulation.org/wp-content/uploads/2017/07/peripheral-and-spinal-mechanisms-of-pain-and-dry-needling-mediated-analgesia-a-clinical-resource-guide-for-health-care-professionals-butts-et-al-2016.pdf>



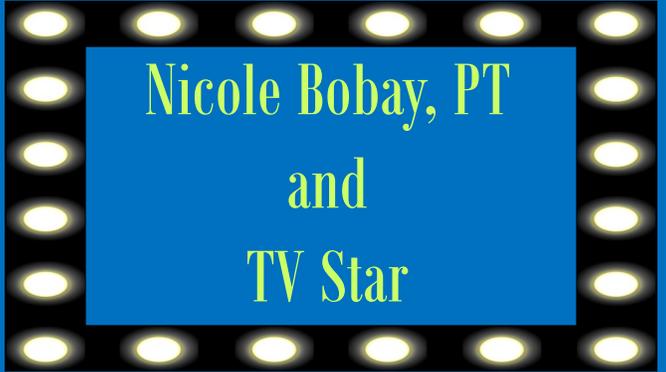
We were nominated for two awards this year for Fort Wayne Readers' Choice 2019. Please vote for us in both "Best Physical Therapist" and "Health Physical Therapist". We would love to win this year, just like last year, and know we can with support from patients and friends. Thank you for your continued support of ProTailored!

# Check out our new digs!

As of June 17, 2019 we have been in our new, beautiful office! We hope you find our new office to be inviting and comfortable, just as we do. We are loving all of the additional space and look forward to seeing all of our patients experience the new space!



## From Our Home to Yours



Before Nicole started her career, or her calling if you will, she actually appeared as a hand model in a Swiffer commercial. She was working with them while in PT school, usually making the dust and grime for the shoots. However, while at a commercial shoot, a hand model didn't show up and Nicole answered the call. She calls it her "1 second claim to fame"! In the picture below you can see "Swiffer Me" written in Nicole's handwriting and her hand sweep the dust (that she made!) away from the car dash. It may be a quick flash, but to us she's a TV star. We always knew that she was a talented lady!



This is a still from the actual commercial. Check it out on YouTube by searching "Swiffer advertisement 1998" to see the hole video!

## Our Mission

ProTailored Physical Therapy's mission is to bring together skilled staff with varied backgrounds and specialties who resonate with the one-on-one treatment approach in order to provide professionally tailored, personal care for each patient's specific needs. Through having a passion for what we do and compassion for those we serve, we create a nurturing, supportive environment where our patients not only heal but thrive.

*We truly enjoy what we do and value relationships formed.*

*We are honored that you have chosen us as your physical therapy provider.*

