



UNCOVER LONG-LASTING PAIN RELIEF WITH DRY NEEDLING

Is pain preventing you from following through on your daily routine? Do you find yourself on the sidelines, watching as life goes by? If a painful condition has left you feeling frustrated, know that relief is possible with dry needling therapy.

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 Anders and Associates 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 therapists 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.

Muscles can develop knotted areas known as trigger points. When these trigger points are touched, they can be extremely painful. They are also frequently the source of referred pain (or pain that affects another part of the body). Clinicians insert thin, solid needles into trigger points in the skin. The needles are not used to inject medication, but rather to stimulate the tissue.

The way your body moves is affected by pain. Dry needling is thought to alter the way the brain and muscles communicate with one another, allowing the system to return to a more normal movement pattern.

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 DRY NEEDLING 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.

HOW 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 skilled physical therapists 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

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 us.

READY TO START LIVING WITHOUT PAIN SLOWING YOU DOWN?

Are you tired of living with pain? Dry needling is a thoroughly studied pain relief technique that has been proven to be safe and highly effective. What are you waiting for? Contact Anders and Associates Physical Therapy today to request an initial appointment and get back to living the life you deserve.

BOOK YOUR APPOINTMENT TODAY!



(702) 751-0798

STAFF SPOTLIGHT



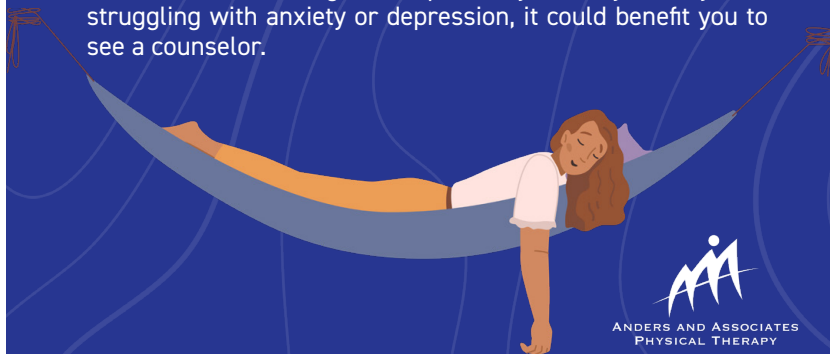
Joseph Anders, DPT

Born and raised right here in Las Vegas, Joe attended Green Valley High School and was very active in sports and general fitness. Joe received a B.S. in Kinesiology with an emphasis in bio-mechanics and strength and conditioning in 2007 from UNLV. He went on to receive a doctoral degree in physical therapy in 2011 from UNLV. Joe was published in the Journal of Manual and Manipulative Therapy for cervical spine manipulation safety in 2012.

HEALTH ADVICE

5 WAYS TO INVEST IN YOUR HEALTH TODAY

- 1. Make sure to eat healthy.** Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.
- 2. Exercise regularly.** We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.
- 3. Get to sleep at a decent hour.** Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."
- 4. Have a primary care physician.** Shockingly enough, many people do not have primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time-consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.
- 5. Pay attention to your mental state of being.** Being healthy is about more than just your physical state. Your mental and emotional well-being are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.



SEASONAL RECIPE

EGGPLANT PIZZA BITES

INGREDIENTS

- 2 large eggplants, cut into 1/2" rounds
- Extra-virgin olive oil
- kosher salt
- Freshly ground black pepper
- 1 c. marinara
- 1 c. shredded mozzarella
- 1/2 c. mini pepperoni
- 1/2 c. shredded Parmesan
- 1/4 c. finely sliced basil



INSTRUCTIONS:

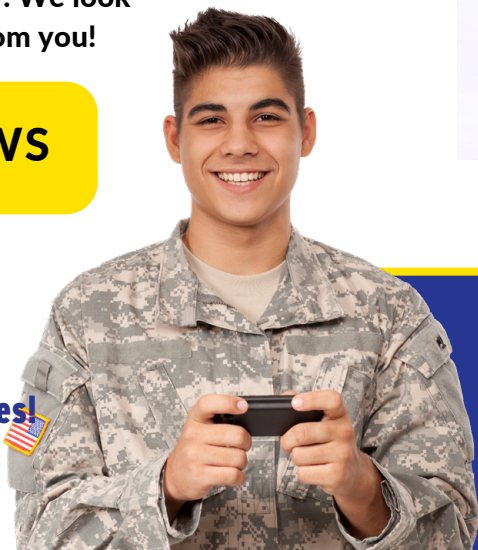
Preheat grill to medium-high. Brush both sides of eggplant with olive oil and season with salt and pepper. Grill eggplant until tender and slightly charred on both sides, 3 to 4 minutes per side. Top each round with marinara, mozzarella and mini pepperoni. Keep the eggplant on the grill to allow the cheese melt, about 30 seconds more. Remove eggplant from grill. Top with Parmesan and basil and serve.

yummy

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WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



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EXERCISE ESSENTIALS

DYNAMIC HAMSTRING WARM UP

This exercise helps you warm up before exercise

Start by standing up straight with your arms straight by your sides. Step one foot forward slightly and place only your heel on the ground with your toes raised. Drop your hips back, bend your back leg slightly, and reach toward your toes briefly. Hold the stretch for about one second and then step back and stand back up. Make sure to keep your back flat throughout the movement. 3 sets, 10 reps, hold.



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ANDERS AND ASSOCIATES
PHYSICAL THERAPY

2690 W Deer Springs Way, Suite 104
North Las Vegas, NV 89084

TEL: (702) 751-0798
FAX: (702) 444-2485