

## Important Considerations

- It is not recommended that pregnant women and individuals with blood clotting disorders be treated with dry needling.
- IMS/FDN should be avoided if you are medically unstable, immunocompromised or have rheumatic arthritis
- Electro-acupuncture should be avoided by people with a pacemaker or individuals with unstable cardiac conditions.
- Acupuncture should be avoided in areas of recent total joint replacement.
- Any blood borne diseases should be disclosed to the therapist prior to the use of needles of any kind.
- Individuals taking anti-coagulants must have a stable INR test in order to consider IMS as a treatment.



### IMS/FDN:

Can be incorporated into physiotherapy treatment. Please inquire with your physiotherapist.

*\*Prices subject to change*

## Services List

- Injury Assessment & Rehabilitation
- MVA Treatment
- Manual & Manipulative Therapy
- Headache & TMJ Treatment
- Post Operative Treatment
- Injury Specific Client Education & Home Programming
- Personal Training/Rehabilitation
- Acupuncture/IMS/Dry Needling
- Chronic Pain & Acute Injury Care
- Running Biomechanics & Gait Analysis
- Gait & Posture Assessment
- ART® (Active Release Techniques)
- Radial Extracorporeal Shockwave Therapy
- Functional Capacity Evaluations (FCE's)
- Myofascial Release & Cupping
- Craniosacral Therapy
- Sport & Therapeutic Massage
- Deep Tissue & Trigger Point Massage
- Courses / Workshops
- Athletic, K-Taping & Taping for Dysfunction
- Custom Foot Orthotics & Custom Knee Bracing
- Muscle Energy Techniques
- Vestibular Rehabilitation Therapy
- Biomechanical Evaluation
- Concussion Testing & Management
- Therapeutic Soft Tissue Laser
- Sports Med Shop - Bracing, Rehab & Exercise Equipment, Sports Medicine Kits, etc.



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"Official Off-Site Supplier of Therapy Services for the Red Deer Rebels"

## Needling

**Functional Dry Needling (FDN)  
Intermuscular Stimulation (IMS)  
Anatomical Acupuncture**



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY  
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## What is Dry Needling?

Dry Needling is an umbrella term for many therapeutic techniques that use a solid, filiform needle; these include acupuncture, IMS, and FDN. In contrast a ‘wet needle’ would be a needle with a lumen used to inject a substance into the body.

*At Collegiate, our practitioners offer Dry Needling by means of IMS/FDN & Anatomical Acupuncture*

## What is Acupuncture?

Acupuncture is the practice of inserting thin needles into specific points in the body, produces changes in nerves, muscles, connective tissue (fascia), hormones and circulation. By stimulating specific points, acupuncture releases the body’s own painkillers: endorphin & dynorphin.

There are two approaches to acupuncture which sometimes overlap. Traditional Chinese acupuncture is based on a belief that the needles stimulate energy flow in the body. Western Medical (anatomical) acupuncture adapts the traditional Chinese approach and applies a scientific method to understand & explain its effects. It combines a knowledge of anatomy, physiology & pathophysiology to enhance the effectiveness of the treatment.

Acupuncture is most effective when used in combination with exercise therapy, traditional therapy and medication.

## How does Acupuncture Work?

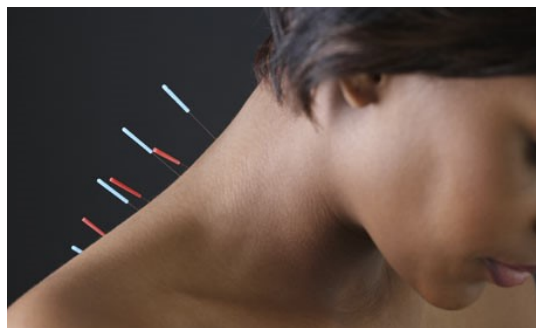
Anatomical Acupuncture is beneficial in the fact that it stimulates the body to produce endorphins, which are natural pain relieving chemicals. Endorphins help to block pathways in the nervous system that send pain signals from the body to the brain resulting in pain relief, relaxation and restoration of the body’s regulation systems.

Acupuncture stimulates natural healing in the body as well as reducing inflammation and promoting physical and emotional well-being.

## What is IMS/FDN?

Intramuscular Stimulation (IMS) and Functional Dry Needling (FDN) are therapeutic techniques that use a solid filiform needle to treat pain and dysfunction; they are commonly referred to as “dry needling”. Both are based on scientific, neurophysiological principles and have a common goal of deactivating trigger points and releasing sensitized muscles. IMS is used to treat pain of neuropathic origin to deactivate the trigger points and release the shortened muscle, and FDN is used to treat myofascial pain and dysfunction.

Neuropathic pain occurs when nerves become hypersensitive, interpreting normal sensations as painful. This causes muscles in the area to contract and decrease blood circulation to the area. The shortened or contracted muscles can increase pressure on the nerves and compression on joints resulting in pain and muscle tension. The result of treatment includes reduced pain, restored length and function of involved muscles, decreased sensitivity of nerves and the return of normal blood circulation.



## Common Conditions Treated

All types of needling have been used to treat a variety of disorders, both acute and chronic. The World Health Organization has noted that several medical problems have been shown to benefit from needling. Listed below are a few:

**Neurological and muscular disorders:** headaches, neck and back pain, frozen shoulder, tennis elbow, tendinitis, arthritis, and general muscle tightness.

## Frequently Asked Questions

### *Does it hurt?*

Most people experience different sensations with acupuncture ranging from no pain at all to minimal discomfort while the needles are being inserted. Once the needles are in place there should be no additional discomfort. A muscle cramping, twitching, or deep ache sensation within the area being treated or along a referral pattern will be felt with IMS/FDN. Muscle soreness is also expected post treatment with IMS/FDN.

### *How is IMS/FDN different from Anatomical Acupuncture?*

IMS treats the dysfunction in the muscles. This often involves the needle going deeper into the muscle belly to elicit a twitch response to deactivate a trigger point and release the muscle to decrease neural sensitivity. Whereas Acupuncture stimulates the body to produce pain relieving endorphins and promote natural healing.

### *How many treatments are needed?*

The amount of treatments vary with each client and with which condition is being treated. For acute treatments one or a few sessions may be all that is needed. Whereas more complex conditions may need one to two treatments per week for several weeks. Dry needling is an adjunctive treatment that should be incorporated into a comprehensive treatment plan rather than a standalone treatment to have an optimal effect.

### *What should I do before treatment?*

It is not recommended to consume unusually large meals, consume alcohol or sedatives prior to treatments.

### *What should I do after treatment?*

A short rest period after treatment is recommended but not required. As clients generally feel relaxed after acupuncture it is best to plan your day accordingly. Strong, intense exercise immediately after treatment is also not recommended after acupuncture. Regular physical activities should be maintained after IMS to decrease the period of post treatment soreness. Alcohol, cigarettes and high caffeine beverages should be avoided for at least two hours. Any regular medications should be taken as directed by your physician.