

What is Dry Needling?

Dry needling, also known as intramuscular manual therapy, is the use of solid monofilament needles inserted through the skin into muscles, tendons, ligaments, and/or close to nerves to reduce pain.



Typically we needle myofascial trigger points, which are painful “knots” in tight muscle tissue. These “painful knots” are related to the production and maintenance of the pain cycle. The needles are very thin, solid, and are completely different from the typical hypodermic injection needles used in drawing blood or giving injections.



About Our Therapists

Dr. Ron Pavkovich, PT, DPT, Cert. DN received his Doctor of Physical Therapy in 2006 from Bellarmine University. He is a former Kentucky State Trooper and collegiate athlete. Dr. Estee Saylor- Pavkovich, PT, DPT, Cert. DN received her Masters in Physical Therapy from the University of Louisville then went on for her Doctor of Physical Therapy from the University of Kentucky. Estee is a National Physique Committee bodybuilding, figure, and bikini state level judge and is a former competitor with multiple high placing in figure events.

Ron & Estee have interest in shoulder, knee, and ankle injuries, but are well versed in treating all of the musculoskeletal injuries seen by Physical Therapists. They are certified in dry needling by Dr. James Dunning, DPT, MSc Manip. Ther, MSPT, OCS, M.TC, MAACP, MCSP, FAAOMPT, MMACP (UK), founder of the Spinal Manipulation Institute.



ADVANTAGE PHYSICAL THERAPY

Taking The Time to Care



Is Dry Needling For Me?



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Is Dry Needling the Same as Acupuncture?

There are similarities and differences between dry needling and acupuncture. Licensed Physical Therapists in a growing number of states can use dry needling under the scope of their practice if properly trained. Physical Therapists at Advantage Physical Therapy are not licensed acupuncturists and do not practice acupuncture. In contrast to most schools of acupuncture, dry needling is strictly based on Western medicine principles and research, whereas acupuncture is based on Traditional Chinese Medicine (TCM) which attempts to affect the flow of energy via needling “a-shi” points along meridian lines associated with various organs in the body.

Is Dry Needling Safe?

Dry needling, when performed by a trained health care professional is safe and effective. At Advantage Physical Therapy, we use sterile, single-use, individually wrapped needles and NEVER re-use or re-insert a needle once inserted. More information on safety and side-effects can be explained by the Therapist.



Does Dry Needling Hurt?

Most clients undergoing dry needling procedures may feel a quick pain as the needle penetrates the skin. The typical response to having the needle in the tissue is a “heavy” feeling or a feeling of “dull achiness”. There can be some associated soreness following the treatment session. Typically, the soreness lasts between a few hours and two days.



What Can Be Treated By Dry Needling?

Dry needling can be used for a variety of musculoskeletal problems. Such conditions include, but are not limited to: neck, back and shoulder pain; arm pain (tennis elbow, carpal tunnel, golfer’s elbow); headache to include migraines and tension-type headaches, jaw pain; buttock pain leg pain (sciatica, hamstrings strains, calf tightness/spasms).

Our Location...

