

## TRIGGER POINT DRY NEEDLING (TDN)



Trigger Point Dry Needling (TDN) involves placing a needle into the muscle directed at a trigger point. There is no fluid injected and the needles are very fine, such as the ones utilized in acupuncture. A trigger point is typically an irritable area of a muscle that can be locally painful or can radiate elsewhere. For example, trigger points in the gluteus minimus can radiate down the leg. The goal of TDN is to illicit a small twitch response to help reset the muscle and restore the normal resting state and decrease pain. Ask our expertly trained therapists if this would be appropriate for your issue.