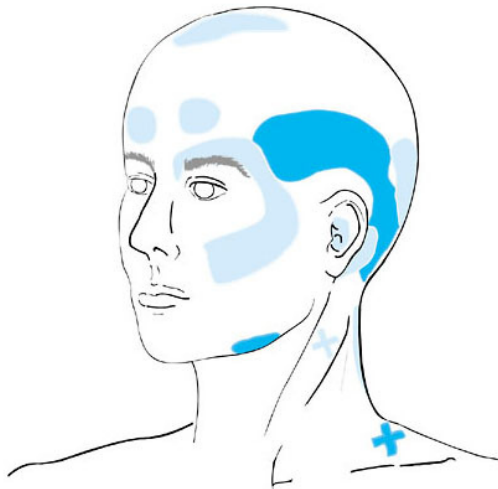


# TRIGGER POINT DRY NEEDLING (TDN)

Monroe County Medical Center Physical Therapy

TDN is a treatment for muscular tightness and spasm which commonly follows injuries and often accompanies the degenerative processes. This muscular tightness and spasm will cause compression and irritation of the nerves exiting the spine. When the nerves are irritated, they cause a protective spasm of all the muscles to which they are connected. This may cause peripheral diagnoses, such as carpal tunnel, tendonitis, osteoarthritis, decreased mobility and chronic pain. Small, thin needles are inserted in the muscles at the trigger points causing the pain referral. The muscles would then contract and release, improving flexibility of the muscle and decreasing symptoms.



- Trapezeus trigger point referred pain
- Sternocleidomastoid trigger point referred pain

