



Dry Needling | Explanation of Procedure and Pricing

The Procedure

Dry needling is an invasive procedure, in which solid filament needles are inserted into muscles and other soft tissues to treat pain and dysfunction at and around the target structures. It is not uncommon for the needle to elicit what is termed a “twitch response” at the muscle. This is believed to be a release or breaking down of a trigger point in the targeted tissue. The most commonly used explanation of a trigger point is “a hyperirritable spot in a taut band of a skeletal muscle that is painful on compression, stretch, overload or contraction of the tissue which usually responds with a referred pain that is perceived distant from the spot” (Simons et. al. 1999). Needles may be left in during the treatment if the therapist deems this necessary, allowing the breakdown process to continue for better results.

Pricing

Most insurances do not cover the application of dry needling. Therefore, each session of dry needling will be charged to the patient as an out of pocket expense of \$30 per unit at the time of the treatment. Below is a breakdown from the American Physical Therapy Association of the numerical constructs of each respective number of units.

1 unit	8 – 22 minutes
2 units	23 – 37 minutes
3 units	38 – 52 minutes
4 units	53 – 67 minutes

(WebPT, 2019)

Simons, D.G., Travell, J.G., Simons, L.S., 1999. Myofascial pain and dysfunction: the trigger point manual. Vol. 1. Lippincott William & Wilkins, Philadelphia.

WebPT. (2019). *Physical Therapy and the 8 Minute Rule | WebPT*. [online] Available at: <https://www.webpt.com/8-minute-rule> [Accessed 28 Jan. 2019].