



WILLOW PHYSICAL THERAPY
MOVEMENT EXPERTS

Health & Wellness

NEWSLETTER

**COULD YOU
BENEFIT FROM
FUNCTIONAL
DRY NEEDLING?**



ALSO INSIDE:

- NEED A REASON FOR SPRING CLEANING? HERE'S THREE!
- HEALTHY RECIPE
- EXERCISE OF THE MONTH



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COULD YOU BENEFIT FROM FUNCTIONAL DRY NEEDLING?

Dry Needling has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

Dry needling is a safe and effective method of treatment to reduce pain and muscle tension, while simultaneously improving mobility.

When paired with our traditional exercise-based physical therapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing delayed onset muscle soreness.

SO, WHAT DOES FUNCTIONAL DRY NEEDLING DO?

When performing dry needling, our physical therapist will insert a sterile needle directly through the skin, into the underlying tendons, ligaments, or muscles that have been

affected, in order to relieve pain, decrease muscle tension, and improve mobility.

Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible.

While it is a common misconception, dry needling is not acupuncture. It is based on a modern scientific study of musculoskeletal and neuromuscular systems. While there are some similarities, dry needling is strictly based on Western medicine principles and research utilizing muscle trigger points. It provides an environment that enhances the body's ability to heal, ultimately reducing pain in the process.

WILL I EXPERIENCE DISCOMFORT?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly trained

(Continued Inside)

Are you letting pain hold you back? Call to schedule your appointment today! 907-456-5990

COULD YOU BENEFIT FROM FUNCTIONAL DRY NEEDLING?

(Continued from outside)

physical therapists know how to make the process as painless as possible; however, some patients may still experience a “twitch response” with the insertion of the needle. This is comparable to a quick muscle cramp or ache. The 24-48 hours following a dry needling treatment may also result in muscle soreness, which should go away on its own.

CERTIFICATION & SAFETY

Willow Physical Therapy's physical therapists performing functional dry needling are certified in Dry Needling.

Our physical therapists ensure clean needle technique is practiced. This includes removing clothing from the area to be treated, cleaning the treatment area, wearing sanitized gloves, and using single-use sterile needles.



CALL TO SCHEDULE YOUR
APPOINTMENT TODAY
AND DISCOVER THE BENEFITS
OF DRY NEEDLING!
907-456-5990

Healthy Recipe *Spring Asparagus Risotto*



INGREDIENTS

- 4 cups (1-inch) slices asparagus
- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

INSTRUCTIONS

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

EXERCISE OF THE MONTH

HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Repeat on opposite side.



Exercises copyright of  SimpleSet Pro

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Patient Spotlight

"Thank you for this beginning in my life."

"AnnaMarie has been really great. I had lower back and hip pain since around 2011, sometimes missing work because of it. After seeing many specialists (hip guys, back guys, spine guys, sports guys, ODs, MTs, acupuncture guys), really, I gave up, gained weight, and poorly coped. Often it hurts to just lay in bed. I'm a 48-year-old ex-soldier and athlete. AnnaMarie diagnosed me in a way that I thought was thorough and made sense to me. Furthermore, now knowing my specific issue and what certain pain is, I am finally doing the right stretching, and getting back into exercising. Importantly I also found AnnaMarie to be physically and mentally present, compassionate, motivational, and likable. She's good with people and likes her job. Thank you for this beginning in my life." — David



NEED A REASON FOR SPRING CLEANING? HERE'S THREE!

- 1 Allergy Symptom Reduction**
A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.
- 2 Cleanliness Produces Happiness**
Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.
- 3 Declutter and Do a Good Deed by Donating**
An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Source
Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." *Personality and Social Psychology Bulletin*. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.



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