



# NEWSLETTER



## UNCOVER LONG-LASTING PAIN RELIEF WITH **DRY NEEDLING**



**USE IT OR LOSE IT – YOUR NEXT PT VISIT  
COULD BE COMPLETELY COVERED BY YOUR  
INSURANCE PLAN. DETAILS INSIDE.**

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"We'll Get You There!"

# NEWSLETTER



## UNCOVER LONG-LASTING PAIN RELIEF WITH DRY NEEDLING



**MATT SLIMMING,**  
PT, DPT Founder and CEO

By Matt Slimming, PT, DPT Founder and CEO –  
STAR Physical Therapy

**Is pain preventing you from following through on your daily routine? Do you find yourself on the sidelines, watching as life goes by? If a painful condition has left you feeling frustrated, know that relief is possible with dry needling therapy.**

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility.

It 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.

**If you are dealing with one of these conditions and you're looking for relief, or if you'd like to gain more information on how dry needling could benefit you, contact STAR Physical Therapy today!**

### What Exactly Is Dry Needling?

This treatment method is used by our licensed physiotherapists as a way to relieve pain. When performing dry needling, our physiotherapist will insert a sterile acupuncture needle 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.

Muscles can develop knotted areas known as trigger points. When these trigger points are touched, they can be extremely painful. They are also frequently the source of referred pain (or pain that affects another part of the body). Clinicians insert thin, solid needles into trigger points in the skin. The needles are not used to inject medication, but rather to stimulate the tissue.

The way your body moves is affected by pain. Dry needling is thought to alter the way the brain and muscles communicate with one another, allowing the system to return to a more normal movement pattern.

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. It provides an environment that enhances the body's ability to heal, ultimately reducing pain in the process.

### Does Dry Needling Hurt?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained 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. Sore muscles can be treated at home by applying ice and/or heat packs and drinking plenty of fluids.

*Continued inside.*

## CALL A CLINIC NEAREST YOU TODAY!

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## How Will Dry Needling Benefit Me?

There is a large variety of musculoskeletal issues that can be treated with dry needling. When paired with our traditional exercise-based physiotherapy 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.

After conducting a comprehensive evaluation to assess the nature of your condition, our skilled physical therapists will let you know if dry needling is the best course of treatment for you. We have used dry needling to treat several diverse conditions, from chronic pain sufferers to athletes experiencing delayed onset muscle soreness.

Dry needling may also treat the following conditions:

- Joint problems
- Disk problems
- Tendinitis
- Migraine and tension-type headaches
- Repetitive motion disorders (like carpal tunnel syndrome)
- Jaw and mouth problems (such as temporomandibular joint disorders or TMD)
- Whiplash
- Spinal problems
- Pelvic pain

Dry needling can speed up recovery time and allow you to return to your daily life as quickly as possible. If you are interested in our dry needling



services, don't hesitate to contact STAR Physical Therapy today to request an appointment. We'll get you started on the path toward recovery!

## Ready To Start Living Without Pain Slowing You Down?

Are you tired of living with pain? Dry needling is a thoroughly studied pain relief technique that has been proven to be safe and highly effective. What are you waiting for? **Contact STAR Physical Therapy today to request an initial appointment and get back to living the life you deserve.**

## Exercise Essentials

### CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.

*This exercise helps stretch your neck.*



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# Last Chance To... USE IT OR LOSE IT



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or COMPLETELY COVERED by your insurance plan.

Let us help you get a head start going into 2024, before your deductible renews again! GO ONLINE OR CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

## Staff Spotlight



### ASHLYN WALKER

Front Desk Manager in our  
Covington Clinic

What do you like about working for Star:

*I love the interactions and connecting with the patients. Also, my coworkers are fantastic and it's a great environment to be a part of.*

What is something about you that people may be surprised to learn?

*Something that may surprise people to learn about me is I once swam with sharks yet I am terrified of fish!*

## CALL A CLINIC NEAREST YOU TODAY!

**FOLSOM**  
985.888.0845

**COVINGTON**  
985.718.4625

**MANDEVILLE**  
985.247.8379

**SLIDELL**  
985.612.7915

**NEW ORLEANS  
EAST**  
504.383.9983

**NEW ORLEANS  
LAKEFRONT/  
GENTILLY**  
504.264.6258

**ALGIERS**  
504.267.2337

## Patient Success Spotlight



### "NOW I CAN DO EVERYTHING I NEED TO WITH LITTLE TO NO PAIN."

*"My experience here has been nothing short of amazing. I loved coming here not only for the great physical therapy but also for the happy faces and amazing conversations. Before coming here I could barely move and I was in pain all the time. I couldn't perform everyday life tasks or just enjoy my life, because of my back pain. Now I can do everything I need to with little to no pain. With the exercises I was given to do at home; I know I will be fine. Thank You!" — Quina F.*

## STAR PT Workshops!

### SHOULDER & ROTATOR CUFF WORKSHOPS

<b>12/6 @ 6:00PM</b> <b>ALGIERS CLINIC</b>	<b>12/7 @ 6:00PM</b> <b>LAKEFRONT CLINIC</b>	<b>12/5 @ 6:00PM</b> <b>COVINGTON CLINIC</b>
<b>12/5 @ 6:00PM</b> <b>NEW ORLEANS EAST CLINIC</b>	<b>12/5 @ 6:00PM</b> <b>SLIDELL CLINIC</b>	

## COME BACK TO STAR PT!



- Has an old pain flared up?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to STAR Physical Therapy. Call us today!