



Dry Needling for Lower Back Pain

A Precise, Evidence-Based Approach

INTRO OFFER

\$50 (30 min) | \$60 (1 hour)

Most treatments take 1 hour • +\$5 for electronic payment processing



Graham Healy
Master Dry Needler & Musculoskeletal Therapist
Med-Science Degree (Chiro)

Dry needling is a highly effective treatment for long-term lower back pain. By targeting trigger points and interconnected muscle and nerve pathways, the technique produces rapid relaxation of the neuromuscular system. Most patients experience a 50–80% reduction in pain within 24 hours, and many require only one or two treatments.

Scope of Practice – We Treat the Whole Body

Lower back • Neck • Thoracic spine • Shoulders • Frozen shoulder • Rotator cuff issues
Hips • Arms & hands • Calves • Feet (including plantar fasciitis)

In fact, any part of the body – dry needling is highly effective wherever muscle and nerve dysfunction is driving pain or restriction.

The Dry Needling Treatment Process

Most treatments take approximately 1 hour

It is essential not to rush any stage of the procedure. Each step builds on the previous one to deliver lasting results. A 30-minute introductory option is also available.

1. General Assessment – Patient Background & History

A thorough consultation reviews the patient's medical history, previous injuries, lifestyle factors and current symptoms. This establishes a clear picture of the underlying drivers of the pain and identifies the key areas to treat.

2. Dry Needling of Affected & Interconnected Areas

Fine sterile needles are inserted into the affected muscles and the interconnected regions that contribute to the pain pattern. Needles remain in place for **30–40 minutes** to allow the full therapeutic effect.

Patients typically notice a pleasant sensation of heaviness over the treated area – a sign that the muscles and nervous system are deeply relaxing under the treatment.

3. Gentle Basic Adjustments or Manipulations

Once the muscles are fully relaxed, gentle adjustments or mobilisations are performed. Because the soft tissues are no longer guarding, these corrections can be applied with minimal force and greater precision.

4. Reassessment

Range of motion, pain levels and functional movement are re-checked. This confirms the immediate response and guides any recommendations for follow-up or self-care.



Graham Healy performing dry needling – precise placement for maximum therapeutic effect

Expected Results & Patient Experience

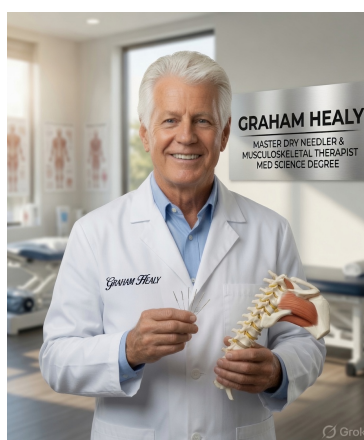
- Most patients need only **1 or 2 treatments**
- Average pain reduction of **50% – 80%** within 24 hours
- Many experience a complete resetting of the neuromuscular system
- Long-term problems are frequently corrected, not merely masked

Why the Process Works So Well

The combination of prolonged dry needling followed by gentle correction allows a true “reset” of the neuromuscular system. Many patients are simply amazed at how effective the treatment is – often reporting that long-standing problems are corrected after only one or two sessions. Most treatments take approximately 1 hour; a shorter 30-minute introductory option is also available.

About Graham Healy

Graham Healy holds a Master's qualification in Dry Needling together with a Med-Science degree and chiropractic background. He specialises in complex musculoskeletal conditions across the whole body – lower back, neck, thoracic, shoulders (including frozen shoulder and rotator cuff), hips, arms, hands, calves and feet (including plantar fasciitis) – and has helped countless patients regain freedom of movement and a pain-free life.



Graham Healy – Master Dry Needler & Musculoskeletal Therapist

Book Your Introductory Session

\$50 (30 min) | \$60 (1 hour)

Most treatments take 1 hour • +\$5 if payment is processed electronically

Mobile: 0411-393-503

Visit our website for more information & bookings:

<https://www.healyslowerbackpain.com/>

It is important not to rush any procedure. Dry needling is very effective and corrects long-term problems – many patients are simply amazed at the results.