



Graham Healy is certified by Dr. Wayne Mahmoud Osteopath and Master Acupuncturist. recognized by the Medical & Chiropractic associations.

<https://www.cpdhealthcourses.com/accreditation/#ESSA>

Global Dry needling overview :

Cost \$120

Time taken 20 to 30 minutes .

Procedure:

This procedure will enable the patient to receive an overview of treatments and the effect is to stimulate the body musculoskeletal and nervous systems all at once . this treating the whole patient not just one part.

This is great for a regular overall “tune up” .

However , if there is any particular “specific” trigger point are musculoskeletal /nerve issue then we can FOCUS on that area only .

There are a couple of ways to do this :

- 1) start with the Global treatment
- 2)Then FOCUS on the particular Painful area or trigger point or injury .

3)Just FOCUS on the Painful area or trigger point

As you can imagine the trigger points can have a compounding effect from other parts of the body in one place effecting other parts of the body as it is all interconnected .

Screening and Assessment ?

Graham Healy will assess all of the above to see what is the best pathway to recovery.

Costs : a)Global \$120 (usually 20 to 30 minutes)

b)Specific Focus only \$70 (15 to 20 min)

c)Combined bothe above at the same session \$150 (usually about 45 minutes)>

Series of treatments ?

This can be worked out in the combination of the above eventually leading to maintenance .

For example I personally would see Dr Marshall for dry needling maintenance once every 2 weeks to keep everything “tuned up” (initially it was twice a week then once per week and so on).

DRY NEEDLING UNWINDS BOUND UP MUSCLES and defibrillates nervous tensions that cause the muscle spindles to bind in the first place.

DRY NEEDLING can relieve joint pain, twisted ankle pain, pack pain, hamstrings tightness, neck pain, lock jaw or ‘clicking’ of the jaw, shoulder, bicep, triceps, forearm pain, Glute pain, headaches due to tight occipitals and trapezoids and of course lower back pain .

Here is our standard treatment muscle list below :

- Adductor Longus,
- Biceps Brachii,
- Biceps Femoris,
- Brachioradialis,
- Deltoid,
- ECRB, ECRL, ECU, (Ext. Carpi Radialis Longus, Brevis, Ext. Carpi Ulnaris)
- Extensor Digitorum,
- Gastrocnemius,
- Gluteus Max,
- Gluteus Med,
- Gluteus Min,
- Gracilis,
- ITB, (Iliotibial band)
- Multifidi,
- Peroneus Brevis,
- Peroneus Longus,
- Rectus Femoris,
- Sartorius,
- Semimembranosus,
- Semitendinosus,
- Soleus,
- Tibialis Anterior,
- Triceps Brachii,

- Upper Trapezius,
- Vastus Lateralis & Vastus Medialis
- Acute & Chronic LBP
- Neck & shoulder tension
- Shoulder Pain
- Medial & Lateral Epicondylagia
- Tension Headaches (Frontal, Occipital & Temporal)
- Plantar Fasciitis
- Ankle Inversion Sprains
- Achilles Tendinopathy
- Knee pain
- Infra & Supra Patellar Tendinopathy
- Carpal Tunnel Syndrome
- TMJ pain
- Dental Pain

Refer Trigger point charts

Reference : www.quickstudy.com







