

Neurologic Dry Needling

NOT ENDORSED BY BEBRF - Alternative to Botulinum Toxin

NOT recommended for Blepharospasm,

But may provide relief for Other **DYSTONIAS** like
Oral Mandibular or Cervical Dystonia

- Tishana Cundiff, October 2021

- Physical Therapist
- Medical Doctor
- Chiropractor
- Nurse
- Clinician with medical training

Who Performs – Any Trained

- Metal Filament Needles are inserted in the actual site or muscle leading to the area.
- Filaments may be removed immediately
- OR Left in place for a short period of time during session.
- Some insertions are painless; some are intense as they actually generate a spasm.
- My experience is that this spasm exhausts the muscle and causes it/them to relax.

The Actual Experience

- The needle creates a lesion
- The lesion then creates a small inflammation (occasional redness, tenderness, or bruising)
- The body activates both a local & systemic response
- Biologic Homeostasis – promotes self-healing
- NO SCARRING
- NO CHEMICALS

How Does It Work

- The majority of my needling has been fairly pain-free. Most sessions have 3-8 needling per treatment site.
- I have had dry-needling for plantar fasciitis, knee pain, headaches, TMJ, and cervical dystonia.
- Some insertions, generally one per session, hurt as they actually trigger a spasm.
- I have only had one bruise produced.
- I have experienced great relief in all sites except one foot that eventually required an MRI and surgery due to an actual tear.

MY PERSONAL EXPERIENCE