

Dry Needling

Dry Needling Physiotherapy | Needle Physiotherapy Surrey | BC

Are you an individual who is actively looking for **Dry Needling Physiotherapy in Surrey, BC**? Visit **Vital Physio Clinic**, helping people with their top-notch **physiotherapy services**.

Dry needling is also known as intramuscular stimulation. It is a new and modern treatment that is used to stimulate painful muscles and trigger points. The technique of dry needling to ease muscular pain is becoming popular day by day. During the treatment with dry needling, several tiny needles are inserted into the skin. The needles are termed as 'Dry' because they do not inject fluid in the body. The needles are placed at trigger points in the tissue or muscle. The trigger points consist of an area that has hard or knotted muscle. The dry needling technique is used for releasing the knot as well as relieving any spasms or muscle pain.

Our **physiotherapists** are trained properly in dry needling. Our healthcare professionals make use of short, fine, and stainless steel needles for dry needling. Patients get quick relief from muscular stiffness and pain by our expert therapists. During the therapy of dry needling, our practiced therapists put needles on the triggered points that help in improving flexibility and getting rid of pains. The procedure of dry needling can be quite painful. Do not panic! Our experts are trained professionally in giving dry needling treatment.



Why Needle Physiotherapy?

Dry needling is a treatment that includes the addition of a very thin needle into trigger points or tight muscles of your body. The fundamental design is to improve tissue healing and restore muscle work.

- Improve **Lower back pain**/tension
- Reduce **Neck pain**
- Recover from **elbow pain**
- Improve **Migraines**



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FAQs

1. What is Dry Needling?

Dry needling is a skilled therapeutic technique where thin, sterile needles are inserted into tight muscle bands or trigger points to reduce pain and improve movement. Unlike injections, it introduces no substances — the needle itself stimulates a healing response. This approach helps release muscle tension, enhance blood flow, and restore normal function through precise, targeted intervention.

2. How does dry needling work?

3. What conditions can dry needling treat?

4. Is dry needling the same as acupuncture?

5. Does dry needling hurt?

6. How many sessions will I need?

7. Is dry needling safe?

8. Should dry needling be combined with other therapies?



Vital Physio is the #1 Physiotherapy Clinic in Surrey which offers top quality services to the clients. We offer specialized physiotherapy services as well as traditional orthopedic physical therapy. With exceptional services and best physiotherapists, we are your most excellent rehabilitation and physiotherapy provider.

PROVIDED SERVICES

- Soft Tissue Release
- Electrotherapy
- Concussion Rehab
- Sports Injury
- Neurological
- Rehabilitation
- Privacy Policy
- Terms and Conditions

CONTACT US

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OPENING HOURS

Monday	Closed
Tuesday	9:00Am–8:00Pm
Wednesday	9:00Am–7:00Pm
Thursday	9:00Am–8:00Pm
Friday	9:00Am–5:00Pm
Saturday	9:00Am–7:00Pm
Sunday	Closed



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