

Dry Needling Pain Relief [THE ULTIMATE GUIDE]

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Orthopedic

Pelvic Health

Balance

**My Back is Hurting - What Should I Do Next?**

Low back pain is the most common type of pain reported in the United States, with roughly 25% of U.S. adults reporting an episode of low back pain in the last three months (<https://www.cdc.gov/acute-pain/low-back-pain/>). Oftentimes, the first step someone takes after developing low back pain is to see their primary care physician. This often results in an x-ray to rule out anything serious, such as a fracture or tumor, prescription medication to help manage pain, recommendation to rest, and possibly a referral to a physical therapist. While medication can be helpful for some, it primarily masks the symptoms and does not directly address the injury. This is where a physical therapist (PT) steps in.

PTs have extensive training and education on how to evaluate and diagnose neuromusculoskeletal conditions of the spine and develop a treatment plan specific to you using therapeutic exercise, manual techniques, and various modalities, such as [functional dry needling](#) or [laser therapy](#), to improve pain and function. We also empower you to better understand your condition, how to self-manage, and help prevent future recurrence. Additionally, if diagnostic imaging, such as a MRI, is indicated or if physical therapy is not appropriate, we help guide you through those next steps. Not only does this help you start addressing the problem faster, but can also save you money in the long run by limiting expenses on unnecessary medication and imaging.

Why not cut out the additional steps and choose PT first when it comes to low back pain? After all, movement is medicine - there is a dosage, frequency, and duration. **So next time you have low back pain, give LifeMotion a call.** We'd love to team up with you to develop a plan to reduce your pain and keep your life in motion!

[Schedule an Appointment](#)**Service Highlight: Functional Dry Needling**

Dry needling is a form of treatment that has been utilized by healthcare practitioners for many decades. However, over the last 10 years it has become more commonplace as a form of minimally invasive and cost-effective treatment for musculoskeletal pain. Our therapists have taken extensive training and continuing education to be able to safely administer this form of treatment in all areas of the body with great success. One aspect that separates LifeMotion and how we perform dry needling treatment is the use of gentle, controlled electrical stimulation. By applying electrical stimulation through the needle we reduce soreness associated with needle insertion and also greatly improve muscle functioning. Simply put, functional dry needling is a game changer when it comes to treating musculoskeletal pain. Check out the short video above to see how this technique is performed to help reduce low back pain.

[WATCH VIDEO](#)**Your LifeMotion Spotlight: Dr. Trevor McKay, PT, DPT**

Whoever says good things don't last hasn't heard Trevor McKay's story of how true love changed his life. It started freshman year at Hebron High School in Texas when he first encountered Becca—his future wife and best friend—who ultimately led him to Tulsa.

Trevor set his sites on getting to know her. First, he befriended Becca's best friend. She introduced them. The rest is a love story that's still unfolding.

After dating through high school, Becca and Trevor both went to Oklahoma State. She studied creative writing. He focused on exercise science, earning a degree in Health Promotion and Education.

"Basketball injuries exposed me to physical therapy early—when I was 12 or 13," Trevor remembers. "After being on the other end often, I knew this was something I wanted to do."

Tulsa became their home when Teach For America placed Becca here. After two years of teaching, she became a Literary Coach for KIPP Charter School and today develops their reading and writing curriculum.

Even though three added years of post-graduate studies seemed incomprehensible when the Physical Therapist idea first crossed his mind, the burn to help people through exercise and physical therapy got him through and ultimately brought him to LifeMotion.

"When I found out we were being placed in Tulsa, I emailed all the private practices here," Trevor says. Even though Ryan was the only one to respond, that's not what drew Trevor to LifeMotion.

"There's a palpable energy here," Trevor says. "It's a community of patients—you make connections because it's a team effort where everyone is cheering you on."

He joined our team working for Holly Thompson at LifeMotion's Balance Center as a tech while completing Physical Therapy studies at OU.

"I'm thankful every time I make connections with patients and see how excited and happy they are," Trevor adds. "Funny as it sounds, I love the moment a patient realizes they don't need me anymore."

When not teaching and healing, Becca and Trevor are on the go loving Tulsa with Jimi, their rescue dog. That love of Tulsa must be contagious. Trevor says his family in Texas is now contemplating making Tulsa their home too.

[Learn More About Our Team](#)**A Message from Ryan****So Isn't Dry Needling Just Acupuncture?**

In this month's service highlight, Dr. McKay demonstrates without a doubt the most powerful tool we have added to our practice in many years: dry needling. The most common question I get is, "How does this differ from acupuncture?" While both techniques use a small, filiform needle inserted into the body, that is where the similarities stop. Acupuncture has many schools of thought and is often applied according to meridian lines with an aim to align a person's energy or chi. No doubt it can be very effective, but different.

Functional dry needling, on the other hand, is used to quickly solve musculoskeletal complaints and movement pattern disorders. We use it to quickly relieve trigger point pain along with those tough to solve pains throughout the body. This treatment is the most powerful technique I have added to my practice, ever - it is that good. People ask why and the simple answer is: fast results! We can quickly diagnose and solve long standing, persistent complaints within 1-5 sessions, way faster than we could in the past.

So if you are having back pain - acute or chronic - I highly encourage you to make an appointment with one of our skilled physical therapists. The longer you wait to address your pain, the longer it takes to solve. Don't be surprised if your physical therapist suggests functional dry needling and don't be surprised if your injury is solved in record time.

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