

FREE Workshop

August 8th 6-7 pm



Dry Needling

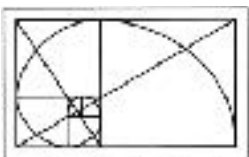
With Dr. Nick Grillo, PT

Trigger Point Dry Needling Workshop

Tuesday, August 8th, 6-7 PM

- Do you suffer with persistent pain?
- Do you have stiff, tight painful muscles?
- Do you suffer from trigger point pain?
- Are you afraid your pain will get worse if you don't do anything about it?
- If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial) – the Trigger Point Dry Needling Workshop may be a life changing event for you!!
- There will be a live demonstration!

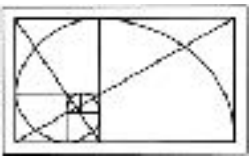
Call today to reserve one of the 20 seats available!
Telephone (703) 723-7726



BioMechanic Physical Therapy

19441 Golf Vista Plaza, Suite 340, Lansdowne, VA 20176

www.BioMechanicPhysicalTherapy.com



BioMechanic Physical Therapy

Trigger Point Dry Needling Workshop

How Do I Register for the Trigger Point Dry Needling Workshop? Call our office to register at 703-723-7726. When you register we will mail you a worksheet which you will bring with you to the event. We only have 20 seats available for this event and this invitation will be going out in our Newsletter, Newspaper ad and Facebook page for people in the Leesburg area.

This event will feature a live demonstration. It is limited to the first 20 people to register. When you register you can bring a guest at no additional cost (we do this because many people request to bring their spouse or other family or friend).

**BioMechanic Physical Therapy is pleased to introduce:
Dr. Nicholas Grillo, PT - our Dry Needling expert!**



BioMechanic Physical Therapy prides itself on offering effective and proven modalities. We are now able to add Dry Needling to this list of modalities thanks to the skill and expertise of Dr. Nicholas Grillo, PT.

Dry needling is used for the treatment of myofascial trigger points or muscle restriction contributing to the production of pain. Dry Needling elicits a local twitch response (LTR), which is an involuntary contraction in this taut area of muscle. The LTR indicates the proper placement of the needle in a trigger point. Dry needling that elicits LTRs improve treatment outcomes and allows the muscle to relax and return to its normal length. This results in more effective manual interventions to the area, restoring joint and body mechanics.



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