



ALIGN YOUR SPINE
CHIROPRACTIC

DR. DAYNA SOCHA, DC

DR. RYAN ZERONIS, DC

Dry Needling

Align Your Spine Chiropractic now offers dry needling!

Dry needling involves the usage of a thin, solid filament needle which is inserted directly through the skin to treat areas of muscular tightness. Dry needling is not acupuncture. Instead, dry needling is a therapy directed at normalizing the nervous system and thus ideal for assisting with spinal adjustments. Studies have shown dry needling to be an effective technique for the reduction of pain associated with osteoarthritis, sprained ligaments, strained or overused muscles, myofascial pain syndromes, chronic pain, and muscle tightness.

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