

Dry Needling



On World Physiotherapy Day

ARDENT EXPONENT DR RICHA SINGH ELUCIDATES ON THE POWER OF PHYSIOTHERAPY

BY SMITI JAIN NARAYAN



Dr Richa Singh

The next decade belongs to sustained healthcare that detours from the conventional forms of medicine and concentrates on what is well on its way to becoming a booming industry – namely, Physiotherapy. But currently in India, physiotherapy is still seen as a second line of treatment, not the first. Dr Richa Singh, a passionate physiotherapy exponent, has dedicated her life to bring about a transformation in this mindset.

On the occasion of World Physiotherapy Day on September 8, Dr Richa underlines the importance of physiotherapy in treating musculo-skeletal problems as the first line of treatment, and not only after being referred by other doctors. “Because,” as she explains “for most of these ailments, a competent Physiotherapist will be able to cure the problem completely and more holistically

CASE STUDIES



A 42 year old male patient, a regular gym goer since 15 years, was referred for physical therapy for shoulder pain during weight training. Objective findings included a multi-segmental flexion movement pattern dysfunction and myofascial trigger points in the neck and shoulder muscles. The patient was treated with Dry Needling for a total of 2 visits, along with implementing a home exercise program.

Dry Needling has been shown to be an effective intervention for myofascial pain syndrome although it continues to be an underutilised intervention in India. This may be due to the lack of exposure, political restrictions, education, or all of the above.

The patient responded unusually well to a single physical therapy treatment using an underutilised intervention, namely Dry Needling.

A 56 year old woman teacher with a lean body type and a very active lifestyle, was referred for physical therapy for an evaluation and treatment for her multiple joint pain. The patient had a medical history of diabetes mellitus and hypertension. The patient was referred for physiotherapy and reported that she was instructed to perform Active Range of Motion (AROM) and resisted shoulder exercise which increased her pain and resulted in a bad experience. The patient did not return to therapy. Additional treatments including steroid injection and oral medications didn't help much. She was not able to sleep because of the intense pain. The patient was diagnosed with frozen shoulder some nine months back. Now the diagnosis is polyarthralgia. Treatment plan was 12 sessions of Dry Needling followed by full body stretching exercises. The patient responded very well to a single treatment of Dry Needling. Now the patient is perfectly fine and back to her active lifestyle. She visits monthly once for preventive management.



Dry Needling



than a conventional medical doctor who may prescribe medication and in extreme cases surgery. With proper and sustained physiotherapy and a maintenance regimen, you can become, and stay, healthy over time."

Dr Richa explains further that "the body is a one-time asset which we should not ignore. Anything your mind desires or wants to achieve, all the greatest ideas, are only dependent on the health of the physical body to bring it to fruition. For bodily health, early prevention is key. Once a problem becomes chronic, it takes longer to heal." Globally, the significance of physiotherapy

is widely recognised and acknowledged, while in India it is still in its nascent stages. Many people in our country are still ignorant about the various aspects that physiotherapy involves. It's a highly developed and precise process today with various techniques to treat different types of problems, and also depending upon the individual's condition.

DRY NEEDLING

An intervention therapy to treat musculoskeletal pain that affects muscles and joints. The process involves insertion of small, monofilament needles directly into



Cupping Technique



the tissue and manipulated to make the muscles relax, resulting in pain relief and improved body function.

SPORTS TAPING

Dynamic Tape designed to work mechanically, to alter movement patterns while absorbing load and re-injecting that

Instrument Assisted Soft Tissue Mobilisation



energy back into movement. The tapes work neurophysiologically, interface with the skin to alter pain perception, address lymphatic drainage, and normalise neuromuscular function.

MYOFACIAL RELEASE

A hands-on technique which is very effective, and involves applying gentle sustained pressure into the myofascial connective tissue restrictions to eliminate pain and restore movement.

CUPPING THERAPY

A therapeutic treatment that involves placing glass cups on the skin, which create a vacuum, which allows the tissue to be drawn up into the cup. This increases blood flow, loosens connective tissue and stimulates healing.

IASTM – INSTRUMENT ASSISTED SOFT TISSUE MOBILISATION

This is largely based on manual therapy skills and is a popular treatment form. IASTM uses specially designed instruments to provide a mobilising effect to scar tissue and myofascial adhesions.

Physiotherapy is the way forward for many common and all-pervasive musculoskeletal problems. Rather than going in for risky surgeries, this is the alternative treatment that needs to get the right focus with its healing, holistic and sustained therapies, customised to every individual patient's unique condition.

Another emerging physiotherapy field which holds tremendous potential is sports physiotherapy, which has highly specialised treatments for the specific issues faced by those who suffer maximum wear and tear of joint tissues muscles and bone.

Dr Richa emphasises, "Physiotherapy is not be a secondary option, but the primary solution for rooting out musculoskeletal problems without any medicines or surgery." She feels very strongly about the public notion that physiotherapy treatment takes very long.

"Physiotherapy can be faster than surgery, with quicker results. Whether it is the cost factor or the time factor, it's time people realised the tremendous benefits of physiotherapy."

Dr Richa's unwavering passion and zeal have already started blowing the winds of change in the community.

More power to the lady on this noble mission!



Instrument Assisted Soft Tissue Mobilisation

PATIENTS' FEEDBACK

Tridib Goswami: "10 years into sports took its toll on my body starting from tennis elbow to knee twist. I was advised surgery or retirement. Dr Richa did 12 sessions of needle therapy. Now I'm back to my daily practice. She is passionate about helping clients' progress during rehab too."

Sudheer Kumar: "The best thing about the treatment from Dr Richa Singh was that she addressed the injury not just from short term point of view, but also based on the possibility of future recurrence. Would highly recommend for anyone with sports or workout related injuries."

Dr Preetanjali Singh: "I was suffering from cervical radiculopathy from past 7 years. I consulted many doctors but got no benefits. I thought I need to spend the rest of my life on pain killers. Just 2 sessions by Dr Richa of Dry Needling is like a re-birth for me."

Dr Rajan Sharma: "Dr Richa is a very good physiotherapist having profound knowledge and experience. Takes extreme care, evaluates patients' need and treats accordingly."

JC Fincato: "Dr Richa will not close your treatment and case until pain has disappeared. I had a huge back pain and she brought me back to normal in 1 day, thanks to her dry needle treatment."

DR RICHA SINGH
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