



the side road

August 2014 Edition

"A more personal approach to your health"



PHIL KRUGER MEMORIAL 5K::2014 FOR MORE THAN JUST THE HEALTH OF IT

The 5k and 1-mile run were a great success with 120 participants! Thank you to all of our volunteers, the Cedar Valley Runners Club, and to all the businesses that donated to make our run possible!

Race Results are available at www.agapetherapy.com

Beginning in September,
Agape will be offering Dry Needling or Trigger Point Dry Needling!!

Dry Needling...

is an effective therapy to treat muscular tension and spasm which commonly accompanies conditions such as arthritis, nerve irritation, muscular strain, ligament strains and herniated discs. It is called "Dry" Needling because there is no solution injected as with a hypodermic needle during a flu shot. With Dry Needling, the needle itself and the effects it produces within the tissue is the treatment.

When an injury occurs from repetitive use or acute trauma, inflammation will be produced from the damaged tissues. The damaged tissues will also go into a protective tension state or contracture to guard against further damage from utilizing the injured tissue. This contracture and inflammation inhibit microcirculation which limits both the oxygen rich blood reaching the injury and the waste products leaving the injury. The injury site becomes hypoxic (decreased in oxygen) which stimulates the body to produce fibroblasts, a cell that produces fibrosis or scar tissue.

TDN uses a small, solid filament needle which is inserted in a contracted painful knotted muscle to create a local twitch reflex which is both diagnostic and therapeutic as it is the first step in breaking the pain cycle as research shows will decrease muscle contraction, reduce chemical irritation, improve flexibility and decrease pain. When a needle is inserted into muscle it will also produce a controlled lesion and will cut between three to fifteen thousand individual muscle fibers. The body considers the needle as a foreign invader and will activate the immune system as a response. The cut muscle fibers also produce an inflammatory reaction that your body will respond to not just locally but all over the body to reduce inflammation systemically.

http://activespineandsport.com/trigger_point_dry_needling.php