

Whether you're walking, running, working at a desk or even sleeping, your muscles are constantly in motion. And as a result, your muscles may hurt or feel tired. Fortunately there's something that can help relieve the pain – dry needling. This safe, effective therapy treats muscular tension and spasms that commonly accompany conditions such as arthritis, muscular and ligament strains, musculoskeletal pain and others.



Contact Us.

For more information or to schedule your consultation at one of our convenient locations, please call (585) 341-9037 or visit ortho.urmc.edu.



Dry Needling

The latest treatment for muscle pain.



How does Dry Needling work?

Dry needling uses thin needles, which are inserted in and around sore muscles or tender “trigger points,” to improve flexibility and reduce pain. Dry needling zeroes in on the source of pain whereas Acupuncture, an ancient form of Chinese medicine uses needles to re-balance the energy flow along your body’s pathways. In New York State, Dry needling can only be performed by a certified health professional.



Approach to Dry Needling

- Targeted needle placement to relieve trigger point pain.
- Muscle stimulation reduces muscle tension and help muscles relax.
- Increase of blood flow supports healthy tissue and speeds the healing process.

Walk-in, walk-out treatments to fit your needs

The first step is to schedule a consultation with Dr. Rizzone to discuss your needs and customize a treatment plan. Each treatment takes approximately 30 minutes and is performed in the comfort and safety of our office. When your treatment is completed, you can drive yourself home.



What to expect during and after treatment

There is no special preparation required for dry needling. Wear comfortable, loose-fitting clothing that allows easy access to areas that will be treated.

During your dry needling session:

- Your skin will first be cleaned and areas where needles will be inserted are mapped out.
- Thin needles are then inserted in tender “trigger points,” as well as above and below these areas. You may or may not feel the insertion of needles, however, for most people, discomfort is minimal.
- Patients may notice improvement in range of motion, ease of movement, and a decrease in uncomfortable symptoms, in as little as one to two days. More than one treatment may be needed to see improvement in pain.
- The risk of side effects is minimal as the needles are quite thin.

About Dr. Rizzone

Katherine H. Rizzone, M.D., M.P.H., Assistant Professor of Orthopaedics, is Board Certified in Internal Medicine and Pediatrics with additional certification in Sports Medicine. She received her certification in dry needling through the Dry Needling Institute and is currently the only physician in the Greater Rochester area to offer this treatment.



*Katherine H. Rizzone,
M.D., M.P.H.*

Dr. Rizzone has expertise in sports injuries such as fractures, sprains, tendonitis and sports concussions, as well as arthritis, musculoskeletal ailments and medical problems unique to female athletes and runners. She has a special interest in complementary and alternative medicine and believes that dry needling provides pain relief for multiple muscle and joint conditions.

What conditions does it treat?

If you suffer from any of the following acute or chronic conditions or ailments, dry needling may benefit you.

- Achilles tendonitis/tendonosis
- Concussion headaches
- Hamstring tendonitis
- Hip pain
- Iliotibial band syndrome
- Lower back pain
- Migraine headaches
- Muscular strains/ligament sprains
- Musculoskeletal pain during pregnancy and postpartum
- Neck spasm and/or whiplash
- Plantar fasciitis
- Shoulder pain/impingement syndrome
- Tennis/golfers elbow



Dry needling can also improve athletic performance by helping relax your muscles so you can get the most from your body. It’s an ideal option if you are considering or have tried acupuncture, massage therapy or chiropractic and these treatments have not worked – or if you are not a candidate for surgery due to health issues.