



HILLSTAR
INTEGRATED HEALTH

Patient Resources For Integrated Needling

Integrated Needling

Integrated Needling is a comprehensive treatment blending dry needling with hands-on chiropractic and/or physiotherapy care to target both muscular and joint dysfunction.

Fine, sterile needles are used to release tight muscles and myofascial trigger points, helping to reduce pain and improve tissue mobility (Dry Needling/IMS) or very thin needles are inserted into specific points on the body to promote healing, reduce pain, and restore balance (Acupuncture).



Contact Us

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