

AUGUST/SEPTEMBER 2014

## PARK LANE MALL

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**1 HOUR FREE  
PARKING AVAILABLE**

# CITADEL PHYSIO

## PROTECTING YOU AGAINST PAIN AND INJURY

*Citadel Physiotherapy is a private Physiotherapy clinic conveniently located in the Park Lane Mall, downtown Halifax. We provide experienced and caring Physiotherapy & Massage Therapy services.*

This Month: **BACK TO SCHOOL TIPS**



## DRY NEEDLING NOW AVAILABLE AT CITADEL PHYSIOTHERAPY

**DRY NEEDLING IS:** An effective technique to treat pain arising from muscles and/or nerves. This involves inserting a needle, without medication or injection, into an area of the muscle known as a **"Trigger Point"**

[TO BOOK AN APPOINTMENT CALL 902.442.5623](tel:902.442.5623)

### ABOUT OUR PROFESSIONALS

With over 40 combined years of clinical experience, the staff at Citadel Physiotherapy provides quality Physiotherapy and Massage Therapy services in a warm and friendly environment!

#### STAFF:

**DANIELA RUBINGER** – PT, Clinic Director  
**LEIGH HEPDITCH** – PT, Certified Manipulative Therapist  
**VÉRONIQUE TROTTIER** – PT, Certified Manipulative Therapist  
**CHERYL GIBB** – Registered Massage Therapist  
**EMILY KEAST** – Registered Massage Therapist

CHECK OUT OUR NEW WEBSITE:  
[www.citadelphysio.com](http://www.citadelphysio.com)



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[www.facebook.com/citadelphysio](http://www.facebook.com/citadelphysio)



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# DRY NEEDLING:

Dry Needling is a general term for a therapeutic treatment that involves multiple advanced of a filament needle (thin needle) into the muscle in the area of the body which produces pain and typically contains a "**TRIGGER POINT**". There is no injectable solution and the needle that is used is very thin. Typically positive results are apparent within 2 – 4 treatment sessions but can vary depending on the cause and duration of the symptoms and overall health of the individual.

## BENEFITS OF DRY NEEDLING:

- Reduce pain and tightness associated with muscles
- Reduce Swelling
- Less treatment sessions required to achieve recovery compared to manual therapy (results will vary)
- **In some cases, can reduce the need of pain relieving medication.**

## DRY NEEDLING CAN EFFECTIVELY TREAT THE FOLLOWING:

- Acute and Chronic Pain
- Shin Splints
- Plantar Fasciitis
- Low Back Pain
- Knee Pain/Patellafemoral Pain
- Tennis/Golfer's Elbow
- And MORE!

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Citadel Physiotherapy is pleased to be a friend of **Team in Training Halifax (TNT)** providing educational sessions, physiotherapy, and massage therapy services to the runners as they train to participate in 5K, 10K, Half, and Full marathons. Team in Training works to raise funds for the Leukemia and Lymphoma Society of Canada.

Citadel Physiotherapy offers discounted Massage Therapy services to Team in Training members, as well as monetary donations.



TO LEARN MORE PLEASE VISIT THEIR WEBSITE:

**[WWW.TEAMINTRAINING.CA](http://WWW.TEAMINTRAINING.CA)**

## **DIRECT BILLING**

Citadel Physiotherapy is now part of the TELUS Health Network which allows us to bill directly for most insurance companies including Sunlife, Great West Life, Standard Life, and Chambers of Commerce.

Citadel Physiotherapy also continues to direct bill Medavie Blue Cross, Crawford Adjustors, Dalhousie & SMU Student Health Plans, Greenshield, and other insurance companies.

We are dedicated to our patients and will help in any way possible to make sure your experience with us is a memorable one.

