



# Functional Dry Needling

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**Functional Dry Needling (FDN)** is a treatment for muscular tightness and spasm.

An injury or chronic pain can lead to “knots”, or trigger points in the muscle, which may lead to secondary problems. FDN treatment involves reducing or eliminating these trigger points by inserting a thin filament needle into the affected muscle. This will typically cause muscle relaxation, alleviating pain and dysfunction. Many patients experience a dramatic and often time immediate relief in their symptoms.

At Makovicka Physical Therapy, our team has advanced training in **Functional Dry Needling** and will pair this treatment with a comprehensive rehabilitation program to maximize your recovery.



## *The Makovicka Difference*

**Makovicka Physical Therapy** is locally owned and operated by physical therapists who are leaders in their profession. We strive to forge relationships with our patients and advocate for their care. All our clinics have board-certified specialists on staff, meaning you get the highest level of care to maximize your recovery to get you back in the game.

## *Convenient Locations Close to Your Home and Where You Work.*

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### **OMAHA LOCATIONS**

North 90th Street	90th & Boyd	402.934.0045
Aksarben	63rd & Center	402.884.7453
Bellevue	Cornhusker & Ft. Crook	402.614.4300
West Maple	168th & Maple	402.502.2290
Midtown Crossing	32nd & Farnam	402.932.9300
Millard	157th & Harrison	402.933.5448
West O/Elkhorn	178th & Pacific	402.933.3036
Papillion	72nd & Giles	402.991.2745

### **LINCOLN LOCATIONS**

West Pine Lake	25th & Pine Lake	402.420.4545
University Place	48th & Huntington	402.325.6341
70th & L	333 South 70th	531-500-4160

### **SURROUNDING AREAS**

Valley	402.934.3345
Wahoo	402.443.4555
Waverly	402.786.0476
Yutan	402.625.2030

*Please Come and See  
One of Our Specialists Today!*

