

MEET OUR FYZICAL THERAPIST

at FYZICAL Greer



Clinical Director at FYZICAL Greer
Keli Alber, Doctor of Physical Therapy

“

Dry needling has been such a helpful tool for me to provide my patients with an alternative treatment for pain and movement dysfunction. It becomes much easier to strengthen and heal the body when its building blocks - the muscles - are healthy.

”

- Keli Alber, DPT

TAKE IT FROM OUR PATIENTS:

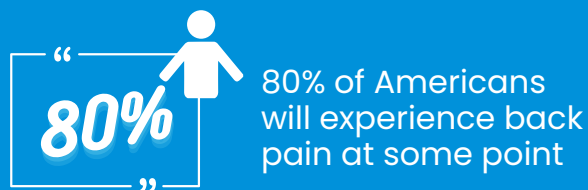
“

The day after Keli dry needled my shoulder, the pain and tension were almost completely gone. I feel a huge relief! I'll definitely be back to see Keli!

”

- FYZICAL Patient


PHYSICAL THERAPY FACTS




1 - National Institute Neurological Disorders and Stroke
2 - National Council on Aging
3 - Health Services Research Journal

To book an appointment or learn more about our dry needling services, please contact us today!

Contact Us :

 864-416-7131

 864-469-5696

 www.fyzical.com/greer-sc

 107A Aaron Tippin Dr.
Greer, SC 29650

 greer@fyzical.com

DRY NEEDLING



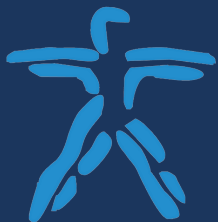
DID YOU KNOW?

Dry needling goes below the surface of the skin and right to the source of the pain or dysfunction.

The needles are so thin that you can bend them. It is the movement of the needle in the muscle that releases the tension.

In addition to years of studying anatomy, Physical Therapists undergo focused hands-on training to receive certification in dry needling.

Dry needling helps get patients back to their peak performance faster because of the targeted approach.



WHAT IS IT?

Dry needling is a minimally invasive procedure in which a solid, thin filament needle is inserted into the skin and muscle directly at a myofascial trigger point within the muscle.

HOW DOES IT WORK?

The use of the needle at the trigger points helps to release the restrictions by increasing blood flow and decreasing sensitivity.

Application of a needle also allows for greater depth of treatment compared to traditional massage techniques.

WHAT DOES IT HELP?

- Neck, Shoulder, & Back Pain
- Tension Headaches & Migraines
- Tennis Elbow
- Sciatica
- Calf Tightness/Spasms
- Carpal Tunnel
- Muscle Strains
- & Much More!

WHY FYZICAL?



HOLISTIC APPROACH



HIGHLY CERTIFIED
PHYSICAL THERAPISTS



ALWAYS STERILE
AND SAFE



TREAT YOU LIKE FAMILY