

WHAT IS (DRY) NEEDLING?



What is the difference between needling and dry needling?

Dry needling uses solid acupuncture needles (for a different purpose), needling uses a hypodermic needle with a hollow central lumen. However the terms are frequently confused.

What is a verruca, how they form and how does (dry) needling work?

If you have a verruca it is most likely that you will have caught it from a communal floor such as a swimming pool or changing room but it could just as easily have been at home or on holiday.

The virus that forms a verruca is called the Human Papilloma Virus (HPV) and it can survive for some time outside the body. It can resist desiccation, freezing, and prolonged storage outside of host cells.

The virus is effectively a parasite and to become active it needs a host cell to infect and it finds this in the upper layers of the skin known as the epidermis, often entering through cuts or abrasions.

When the virus has infected the host cell, it alters it. When it reproduces, it produces two cells with the altered structure; those two produce four, eight, sixteen and so on until there are a sufficient number of altered cells for a verruca to become visible to the naked eye.

The only way that a verruca can be successfully treated is if every infected cell is destroyed, and the only way that can be done is through an antibody response. For the same reason we cannot cure the common cold and 'flu', we cannot cure verrucae; but the immune system can, given the chance. That is where (dry) needling is so useful.

As the virus is confined to the epidermis there is no systemic dissemination and it is thought they also secrete mediators that tell the immune system they are not there. This means you can have a healthy, fully functioning immune system but the verrucas remain.

The way (dry) needling works is to push verruca cells from the epidermis through into the dermis and hypodermis or adipose layer thereby inoculating the underlying tissue.

This triggers an immune response, the appropriate antibodies are produced and over the subsequent weeks the verruca undergoes a natural deterioration before ultimately disappearing.



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