

## Dry Needling, Bon Air Center

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Veterans will need a referral to receive services.

Intake Contact Email

PT\_BonAir@shelteringarms.com

Intake Process

Call for information and an appointment. For fitness and pool services, call (804) 764-5275.

Intake Contact Telephone

(804) 764-1000

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Sheltering Arms Physical Rehabilitation Centers

<https://www.shelteringarms.com>

<https://www.shelteringarms.com/conditions-and-services/outpatient-services/>

<https://www.facebook.com/shelteringarms/>

<https://twitter.com/SheltArmsRehab>

Rehablog <https://www.shelteringarms.com/about-us/rehablog/>

Main

(804) 764-1000

Toll-Free

(877) 567-3422

206 Twinridge Lane

23235 VA

United States

Monday: 8:00 am-5:30 pm

Tuesday: 8:00 am-5:30 pm

Wednesday: 8:00 am-5:30 pm

Thursday: 8:00 am-5:30 pm

Friday: 8:00 am-5:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Fitness and pool hours are Monday through Friday from 7:00 am until 7:30 pm.and Saturday from 9:00 am until 1:00 pm.

Fee Structure

Call for Information

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

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Medicare

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Tricare

Languages Spoken

English

Sheltering Arms physical therapists help patients find relief from and minimize life interruptions related to pain. Depending upon the nature of the pain, patients may benefit from dry needling.

Dry needling may help in relieving pain related to:

- tissue dysfunction,
- muscle strain and counter-strain,
- acute and chronic pain conditions,
- low-back pain,
- spasms.

A physical therapist with training in this precise technique will place solid needles deep in the skin and muscle to directly release myofascial trigger points and relieve

pain in your muscle and connective tissue. Although they are similar in appearance, the practice of dry needling is based on clinical guidelines as opposed to meridians, or life-energy paths, used in acupuncture.

Service Area(s)

Amelia County

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Brunswick County

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Caroline County

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Charles City County

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Charlottesville City

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Chesterfield County

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Colonial Heights City

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Cumberland County

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Dinwiddie County

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Essex County

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Fredericksburg City

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Gloucester County

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Goochland County

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Greensville County

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Halifax County

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Hampton City

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Hanover County

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Henrico County

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Isle of Wight County

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James City County

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King George County

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King William County

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King and Queen County

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Lancaster County

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Louisa County

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Mathews County

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Mecklenburg County

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Middlesex County

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New Kent County

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Newport News City

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Norfolk City

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Northumberland County

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Nottoway County

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Petersburg City

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Powhatan County

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Prince Edward County

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Prince George County

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Richmond City

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Richmond County

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Southampton County

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Spotsylvania County

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Stafford County

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Sussex County

,

Virginia Beach City

,

Westmoreland County

Email

[info@shelteringarms.com](mailto:info@shelteringarms.com)