

Founder of the Neurologic Dry Needling



Dr. Yun-Tao Ma



"Dr. Ma's Neurologic Dry Needling (NDN) organically combines techniques of speeding up tissue healing, preventing common chronic injuries and restoring bodily biomechanical homeostasis. No other medical approach can simultaneously achieve all these results in one session. NDN enables athletes to maintain and optimize the quality of sport performance and prolong their athletic career. "

Koji Murofushi (Olympic champion)

Body will change by age..
年齢と共に変わる身体

- Tight hip flexor
- Weak glutes, weak anti-gravity muscles
- Tight hamstring
- Lower back stiffness, hyper extension
- Poor core stabilities

筋骨格系の回復と再生

Cupping and Dry needling



人の骨の数：およそ215個 人の筋肉の数：骨格筋600個、(骨格筋400、平滑筋+心筋200)
人の細胞：60兆(毎日20%が死ぬ)、1秒間に5000万個生まれ変わっている!! 1cm³100万個

Scar Tissue(瘢痕組織)



Adhesion (癒着)

運動機能障害に
繋がる可能性もある



Recovery!

Dry needling の介入で回復させる

