

Dry Needling Patient Information Handout

What is Dry Needling?

Dry needling is a technique that uses acupuncture needles to reduce muscle tension and affect surrounding nerves, with the intent of reducing pain and other symptoms involving muscles and nerves. This technique was developed by a medical physician that used needles without medication (thus called “dry needling”) to reduce muscle tension and pain in patients. The technique was later developed to use hair like needles (same needles used for acupuncture) to treat patients.

Are there anybody that should Not have Dry Needling?

There are certain indications where dry needling is not advised and these include the following: allergies to metal, pregnant women (or woman who are trying to become pregnant), recent surgery (within 30 days), and individuals who are recovering from an illness (bacterial, viral, etc..).

What should I do Prior to my Dry Needling session to prepare?

Taking a shower before treatment is recommended. Wearing loose clothing will help allow access to areas being treated. Make sure you eat prior to your treatment session, but do not eat 30 minutes prior to treatment.

What will I experience During treatment with Dry Needling?

Often times patients will either not feel the needle at all, or it will be comparable to a mosquito bite. Mild soreness during and after treatment can also be experienced. A “twitch” in the muscle that will feel like a cramp that quickly goes away, can also occur and is actually a good sign. Muscles will usually feel more relaxed and less tight in the areas that are treated.

What should I do After I am treated with Dry Needling?

After each dry needling session, patients are recommended to rest for 2 days (no exercise or heavy lifting). Mild soreness is common after treatment and bruising and/or redness where the needles were used, can occur. Application of heat to the area being treated will help improve circulation and is recommended. Treatment sessions are usually once or twice per week.

***Please contact the office if you have any further questions.*

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