



Dry Needle Aftercare

Dry Needling is effective in part because it creates very small, local stimulus that initiate your body's very own self-healing response. What this means for you is that after you complete a dry needle session your body may respond in a variety of ways. Below are a few tips and tricks to help you get the most from your dry needling.

What to Expect:

- Some discomfort and soreness (not pain) after your session is normal. Remember that dry needling taps into your body's self-healing potential. You may feel more discomfort after dry needling a tendon or joint versus a muscle.
- Occasionally patients report the area that was needled feels slightly more warm, tender or twitches from time to time; this is typically because your body is working to heal the area. The area should not be overly tender, feel like it has a local fever nor should it be red/swollen.
- Depending on how your body responds to the area you may experience some light bruising and/or tenderness where the needles were inserted.

Things to Do

- To avoid soreness we recommend drinking plenty of water to stay hydrated and keep the area moving unless otherwise instructed by your therapist. Stiffness is the enemy.
- You are free to participate in the physical activity of choice after being needled. There is no need to put off your workout unless you feel necessary. This means you can still complete your home exercise program!

Things to Avoid

- Don't allow the area to get stiff. Gentle movement and stretching will help you avoid this. If moving causes increased pain, please call us.
- If you had dry needling to target a nerve then you'll want to avoid foam rolling or heavy massage on the affected area for the next 24 hours as it may be uncomfortable. If the main goal of your dry needling was to loosen up a tight area then light massage and/or foam rolling will be beneficial so long as it is not painful.
- Avoid consuming excess sugar and overly processed food as these may impede your body's healing process.

Remember if you are unsure if your response is normal please call us at (210) 698-6333.