

*"We see people for who they are so they can see themselves for who they can become"*



*"We help you believe in yourself, so that you can see what is possible"*

## **What to Expect After a Dry Needling Treatment?**

### **How will I feel after a session of dry needling?**

- You may feel some soreness immediately after treatment in or near the area of the body you were treated. This does not always occur, but should be expected and is considered normal. It can also take up to a few hours, or even until the next day, to feel an onset of soreness. The soreness may vary from person to person and treatment location, however it typically feels like you had an intense workout at the gym or received a deep tissue massage. Soreness typically lasts 24-48 hours.
- Bruising from the treatment is possible, but is usually not of concern. Some areas are more likely to bruise than others including the shoulders, chest, face, and extremities. Large bruising rarely occurs, but is possible. Using ice may help decrease the bruising. If you feel concerned, please call your provider.
- It is common to feel tired/fatigued, energized, emotional, giggly, or "out of it" after a treatment. This is a normal response that can last up to an hour or two after treatment. If this lasts beyond a day, contact your provider as a precaution.
- There are times when treatment may actually exacerbate your symptoms. This is normal and may indicate that you need to follow up sooner with your practitioner to continue treatment. IF this continues past the 24-48 hour window, keep note of it, as this can help your provider adjust your treatment plan if needed based on your report.

### **What should I do after my treatment and what is recommended?**

Increasing your water intake for the next 24 hours after treatment may help reduce soreness. Also, soaking in a hot bath or hot tub may help relieve post treatment soreness and ease any potential symptoms associated with the treatment you received. After dry needling treatment, you may do the following based on your comfort level, but please note that if it hurts or exacerbates your symptoms then discontinuing the activity is probably best.

- Perform a light work out and/or stretching
- Participate in normal physical activity
- Massage the area
- Use heat or ice as preferred for post treatment soreness
- If you take prescription medications, continue to take them as prescribed unless advised otherwise by your physician or medical provider

### **What should I avoid after treatment?**

- Unfamiliar physical activities or sports
- Doing more than you normally do
- Excessive alcohol intake

If you are feeling light headed or experience difficulty breathing, chest pain, or any other concerning symptoms after treatment, call your therapist or your medical provider immediately. If you are unable to reach your therapist or medical provider, please go to the emergency department.

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### CONSENT FOR DRY NEEDLING

#### PLEASE READ THIS FORM CAREFULLY

1. You have been diagnosed with a muscle disorder that might benefit from dry needling therapy. Research and practice show that dry needling can lessen muscle pain and reduce muscle tension. Dry needling therapy is not acupuncture, but is similar to it in the sense that needles are introduced into the tissues for therapeutic reasons. The physical therapist will be inserting the needles in places in your muscles that are causing your discomfort (trigger points), not in areas that are far away from your pain (distal points) or on your ear (auricular points).
2. You will receive dry needling treatment from a physical therapist who has met the requirements of the State Board of Physical Therapy totaling a minimum of 50 hours of directly supervised training and is credentialed by the State Board to perform this procedure.
3. **THE POSSIBLE RISKS OF DRY NEEDLING INCLUDE, BUT ARE NOT NECESSARILY LIMITED TO, THE FOLLOWING: PUNCTURED LUNGS, BRUISING, INFECTION, EXTENDED OR TEMPORARY NERVE INJURY, TEMPORARY MUSCLE SORENESS, OR INJURY TO BLOOD VESSELS CAUSING A POOLING OF BLOOD IN YOUR TISSUES.**
4. Alternative therapies that could be used instead of dry needling include, but are not necessarily limited to, the following: traditional physical therapy techniques such as manual therapy, ultrasound, electrical stimulation, therapeutic activities, neuromuscular re-education and therapeutic exercise.
5. I HAVE READ OR BEEN READ THE ABOVE INFORMATION. THE NATURE AND PURPOSE OF THE PROCEDURE, POSSIBLE ALTERNATIVE METHODS OF TREATMENT, RISKS INVOLVED, AND THE POSSIBILITY OF COMPLICATIONS HAVE BEEN FULLY EXPLAINED TO ME. I HAVE BEEN GIVEN THE OPPORTUNITY TO ASK ANY AND ALL QUESTIONS THAT I HAVE ABOUT DRY NEEDLING THERAPY. NO GUARANTEE OR ASSURANCE HAS BEEN GIVEN BY ANYONE AS TO THE RESULTS THAT MAY BE OBTAINED. I HEREBY AUTHORIZE MY PHYSICAL THERAPIST(S) TO PROVIDE ME WITH DRY NEEDLING THERAPY.

Signed: \_\_\_\_\_ Relationship: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

I have explained the dry needling procedure to this patient or this patient's relative including its anticipated benefits, potential risks or complications, and available alternatives.

Therapist: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_