



How will I feel after a session of Functional Dry Needling (FDN)?

- You may feel some soreness after treatment in the area of the body you were treated. This does not always occur, but should be expected and is considered normal. It may be immediate, or can 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 based on the area of the body that was treated, but it typically feels like you had an intense workout at the gym. Soreness typically lasts 24-48 hours. Make sure to indicate to your provider at a follow-up appointment how long the soreness lasted.
- Bruising from the treatment is possible, but is not of concern. Some areas are more likely to bruise than others including the shoulders, chest and portions of the extremities. Use ice to help decrease the bruising and if you feel concern please call your provider.
- It is common to feel tired/fatigued, energized, emotional, giggly or "out of it" after 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. This does not mean FDN cannot help your condition.

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

We highly recommended increasing your water intake for the next 24 hours after treatment to help avoid or reduce soreness. We also recommend soaking in a hot bath or hot tub to help relieve post treatment soreness, and to soften the symptoms associated with the treatment you received. After dry needling treatment, you may do the following based on your comfort level. Please note that if it hurts or exacerbates your symptoms, then discontinuing the activity is probably best.

- Work out and/or stretch.
- Participate in normal physical activity.
- Massage the area.
- Use heat or ice as preferred for post treatment soreness.
- If you have prescription medications, continue to take them as prescribed.

What should I avoid after treatment?

- Unfamiliar physical activities, doing more than you normally do, or sitting still.
- Excessive alcohol intake.

If you are feeling light headed, or experience difficulty breathing, chest pain, or any other concerning symptoms after treatment, call us immediately. If you are unable to get a hold of us, please call your physician.