

# Dry Needling

## What you need to know



### What is dry needling?

Dry needling is a technique used to treat the neuro-musculoskeletal systems based on pain patterns, muscular dysfunction and other orthopedic signs and symptoms.

1%

Less than 1% of all PTs in the state are certified.

### Who can perform dry needling?

To be deemed competent to perform dry needling, a PT must meet the following requirements:

- Successful completion of Dry Needling certification course of study.
- Two years of practice as a licensed PT prior to using the DN technique.
- Minimum of 46 hours of DN practice.



### What conditions respond to dry needling?

- Shin splints
- Fibromyalgia / Chronic pain
- Hip, Leg & Knee Pain
- Shoulder, Elbow, & Wrist Pain
- Headaches / Jaw Pain
- Plantar Faciitis / Achilles Tendonitis
- Back Pain / SI Joint Dysfunction
- Frozen Shoulder
- Tennis elbow
- Carpal tunnel syndrome
- Repetitive strain injuries/ Muscle spasms
- Hamstring strains/ Sciatic/ Buttock pain

### How does it reduce pain & improve function?

Dry needling involves inserting a needle into muscular trigger points and then appropriately positioning it for therapeutic purposes. This causes a relaxation through disruption of the motor endplate. Tiny injuries created by the needle insertion cause a local healing response in the tissue, which restores normal function through the natural healing process.

# What To Expect After Dry Needling Treatment



- Expect soreness immediately after treatment. Soreness will typically last 24-48 hours.
- Bruising from the treatment is possible, but uncommon. Use ice to decrease bruising & if concerned, call your therapist.
- Feeling tired, fatigued, energized, or disoriented after treatment is common and can last for 1 - 2 hours. If it lasts beyond 24 hours, contact your therapy provider.
- At times, dry needling may intensify your symptoms. This is normal and may indicate that you need to follow up to continue treatment sooner.

## What should you do following treatment?

- Increasing your water intake for 24 hours following a dry needling session is highly encouraged.
- To relieve post-treatment soreness, soaking in a hot bath is also recommended

## What Other Activities Are Recommended?

Stretch and / or work out

Conduct normal physical activity

Massage sore areas

Use heat or ice for soreness

Continue normal prescription medication routine

## What should you avoid after treatment?

New physical activities or sports

Exerting more physical strength than normal

Excessive alcohol consumption



Resources:  
[www.apta.org](http://www.apta.org)  
[www.kinettacore.com](http://www.kinettacore.com)

[WWW.THERAPYCTR.COM](http://WWW.THERAPYCTR.COM)