



POINT TO POINT
MOBILE PHYSICAL THERAPY

What Is Dry Needling?

Dry needling is a treatment used by physical therapists to help reduce muscle pain, improve movement, and decrease muscle tightness. During treatment, a very thin, sterile needle is placed into specific areas in muscles called trigger points or taut bands. The needle does not contain medication or inject anything into your body.

How Can Dry Needling Help?

- Reduce muscle pain and soreness
- Improve flexibility and range of motion
- Decrease muscle tightness and spasms
- Improve movement and function
- Speed recovery when combined with exercise.

What Will I Feel?

- Small pinch
- Brief muscle twitch
- Dull ache or cramping
- Pressure or heaviness



After Treatment

Typically, you can expect mild soreness, bruising, or fatigue for 24–48 hours - which is normal. Stay hydrated, perform recommended exercises, keep moving, and avoid strenuous activity for the rest of the day unless instructed otherwise.

Possible Risks

Risks include, but are not limited to; mild soreness, bleeding, bruising, temporary pain increase, infection, nerve irritation, fainting, and rarely pneumothorax when treating areas near the chest – or epidural hematomas when close to the spine, although necessary precautions are always taken when in high-risk areas.

Who may not be appropriate for Dry Needling?

Patients who; are or may be pregnant - are currently taking blood thinners - have bleeding disorders - have weakened immune system - have an ongoing infection – have skin conditions – have a strong fear of needles – have had recent surgery. Disclose all pertinent medical information to your physical therapist so that they may use their clinical judgement to determine if Dry Needling is right for you.

When to Seek Medical Care

Contact your therapist if you experience severe pain, redness, swelling, fever, numbness, or weakness. Seek emergency care immediately for chest pain, difficulty breathing, severe shortness of breath, or coughing up blood.

Questions

Dry needling is voluntary and performed only with your informed consent. Ask your therapist any questions before treatment.