



What to expect after receiving Functional Dry Needling (FDN)

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

- You may feel sore immediately after treatment in the area of the body you were treated. This is normal but does not always occur. It may take up to 24 hours before you feel soreness. Soreness varies depending on the area of the body that was treated and varies from person to person, but typically, it feels like you had an intense workout at the gym. Soreness typically lasts 24-48 hours. If it continues beyond this please contact your provider.
- It is common to have bruising after treatment; some areas are more likely to bruise than others. Areas that commonly, but not always, bruise are shoulders, base of neck, head and face, arms and legs. Large bruising rarely occurs, but can. Use ice to help decrease the bruising and, if you feel concern, please call your provider.
- It is common to feel tired, nauseous, emotional, giggly or “loopy”, and/or somewhat “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 the treatment may actually make your typical symptoms worse. This is normal. If this continues past the 24-48 hour window, keep note, as this is helpful information, and your provider will then adjust your treatment plan based on your report. This does not mean FDN cannot help your condition.

What should I do after treatment, what can I do, and what should I avoid?

- It is highly recommended that you increase your water intake for the next 24 to help avoid soreness.
- It is recommended that you soak in a hot bath or hot tub to help avoid post treatment soreness.
- Avoid ice unless you are icing a bruise, heat is better for muscle soreness
- You may do the following based on your comfort and pain levels
 - Workout and/or stretch
 - Massage the area
 - Use a heating pad
 - Take Tylenol or aspirin as needed for pain

If you feel light headed, have difficulty breathing, have chest pain or have any other concerning symptoms after treatment, CALL us immediately at 785-838-7885. If you are unable to get ahold of us, call your primary care physician.

Please email dbonnel@orthokansasllc.com or arector@orthokansasllc.com with any questions regarding dry needling treatment.