



YOUR LOGO

BENEFITS & RISKS OF DRY NEEDLING

BENEFITS

- Improving blood flow
- Release of muscle tension
- Decrease pain
- Increase range of motion
- Increase muscle strength
- Improve your function

RISKS

- fatigue/drowsiness
- mild bruising/bleeding
- short term increase in symptoms
- muscle soreness after needling
- syncope
- pneumothorax