



# RELATIVE VS. ABSOLUTE CONTRAINDICATIONS FOR DRY NEEDLING

## RELATIVE CONTRAINDICATIONS

- patients with needle phobia
- local or systemic infections
- local lymphedema
- allergic to certain metals
- patients with abnormal bleeding tendencies
- patients with compromised immune systems
- following surgical procedure where the joint capsule has been opened.
- vascular disease, including varicose veins,

## ABSOLUTE CONTRAINDICATIONS

- patient unwilling or cannot give consent.
- patients who are unable to communicate directly or via an interpreter
- local skin lesions
- first trimester of pregnancy
- needling through clothing.
- needling dirty, uncleaned skin.