



YOUR LOGO

WHAT WILL I FEEL WHEN I GET DRY NEEDLED?

- **Twitch (muscle jumps all by itself):** it can mean that the muscle tension has reduced!
- **Deep Dull Ache:** indicates your Clinician is stimulating tissue that needs it and is a good thing as long as it slowly reduces and does not increase.
- **Burning:** indicates the needle is close to a skin nerve called a C-fiber, which is a pain sensor. Don't worry just let your Clinician know and they will remove it, rub your skin and there will be no lasting issues.
- **Tingling:** can indicate you are close to nervous tissue- which is safe and many times is the goal in order to reduce inflammation and ultimately your pain.
- **Reproduction of your pain:** if the needling reproduces your specific pain believe it or not it can be a very good thing! If your clinician knows exactly where the pain is coming from it is easier to treat it!

Always let your clinician know what you are feeling, the treatment can be modified to achieve the best results!

