

Post Dry Needling Instructions

You will likely be sore in the areas that were treated for a few hours to a few days - this is completely normal and nothing to be concerned about.

To help lessen the severity and duration of the soreness you can:

- **Stretch:** perform your prescribed stretches often throughout the next few days - stretching hourly is recommended.
- **Stay Active:** Keep your muscles moving, but without overdoing it.
- **Apply Heat** to the area for up to 20 minutes. For severe soreness, alternate with heat and ice, always starting and ending with heat (20min intervals).
- **Stay Hydrated:** Dry needling releases the pain-producing substances that have been trapped inside your muscles. Drinking plenty of water (with electrolytes - we recommend ULTIMA) will help to flush these substances from your body.
- Take **Vitamin C:** 500 mg, 3 times/day to alleviate muscle soreness (always check with your physician first)
- Use **Arnica sublingual tablets** as directed on package (if you are taking a blood thinner, ask your doctor before taking Arnica)

Recommended Adjunct Services after your session:

- **Whole Body Cryotherapy:** a quick 3-minute cooling treatment that drastically reduces pain and aides in muscle recovery after dry needling
- **Infrared Sauna:** for those who do not like the cold, this is a great option to relax muscles, increase circulation and aide in healing.
- **Celluma Light Therapy:** Red light treatment that helps to speed healing and reduce inflammation
- **CryoRecovery:** A technician uses a wand w/ gel to massage the area with alternating hot and cold temperatures to help reduce pain, inflammation and muscle spasms/tension.
- **CryoSoothe:** Cooled air is applied to the treated area to reduce pain & swelling.

Vitamin/Mineral Role in Muscle Pain:

- Some chronic pain conditions are perpetuated by vitamin/mineral levels not being at an optimal level for muscle health.
- Recommendations:
 - **Nutrient IV Infusions:** The [Recovery IV](#) will quickly boost essential vitamins/minerals for muscle health.
 - **Magnesium** (Gluconate) supplements or Topicals
 - **B Vitamin** supplementation: via oral supplements or [Nutrient Injections](#)

NOTE: If you were needled over your back, chest or abdomen and experience any unusual shortness of breath or severe pain and/or bruising - inform your therapist and/or your doctor to assess your symptoms.