

Inner Balance Physical Therapy

Nervous System & Musculoskeletal Dry Needle Preparation, Precautions, & Contraindications

Preparation Before Sessions

1. If you have longer hair, please use a hair tie or headband to keep your hair off your neck during your session.
2. For females, if you are premenstrual know that you may be more sensitive to the needles during that time.
3. Be aware there is a small risk of pain, or an exacerbation of your original pain, after your session that may last 1-2 days so avoid scheduling a session before an important event.
4. Make sure you are well hydrated before your sessions.
5. Avoid eating 30 mins before your sessions.
6. Be well rested for you dry needling sessions.

Precautions

1. Pacemakers (we won't add electrical stimulation)
2. Keloid scars (because they don't stop growing - we don't treat these scars)
3. Cancer (acquire a doctor's note for approval)
4. Metal allergies (there are needles that aren't made of metal)
5. Pregnancy (not during the first trimester without your provider's written consent)
6. InterStim implants (we won't add electrical stimulation when the device is active)

Contraindications

1. Hemophilia and other bleeding disorders
2. Anti-coagulant medications / blood thinners
3. Uncontrolled severe high blood pressure
4. Seizure disorder
5. Damaged heart valve

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Nervous System & Musculoskeletal Dry Needle Aftercare

1. It is not unusual to feel a little light headed after the session due to the increased blood flow to the face. Take your time when you get up.
2. Make sure you are well hydrated after each session.
3. You should not drive after dry needling if you experience dizziness until it has resolved. Safety first.
4. Your activity is not limited after dry needling unless you are uncomfortable. If so, limit your activity until you feel better.