



ZENSHIN WELLNESS

What to Expect after Functional Dry Needling

How will I feel after a session?

- You may feel some soreness immediately after treatment or it can take up to a few hours or until the next day to feel onset of soreness.
- Bruising from the treatment is possible, but is not of concern.
- It is common to feel tired/fatigued, energized, emotional, giggly or “out of it” after treatment. This is a normal response that can last til the following day.
- There are times when treatment may actually exacerbate your symptoms. This is normal and may indicate that you need to schedule another session to continue the treatment.

What should I do after my treatment?

- I highly recommend increasing your water intake for the next 24 hours to help avoid or reduce soreness. I also recommend soaking in a hot bath or hot tub to help relieve soreness.
- You may use heat or ice as you prefer for post treatment soreness.
- You may participate in normal physical activity.
- You may massage the area and/or stretch as comfortable
- If you have prescription medication, continue to take them as prescribed.

What should I avoid after treatment?

- Unfamiliar physical activities or sports.
- Doing more than you normally do.

- Excessive alcohol intake.

If you are feeling light headed, or experience difficulty breathing, chest pain, or any other concerning symptoms after treatment, please call me. 303-596-6228. If you are unable to get ahold of me, please call your physician.

I look forward to our next session!

Heather Horii PT, DPT