

## The Risks

### What are the risks?

As with any medical intervention, there are associated risks. Those with bleeding disorders or recent surgery to the involved area may not receive the treatment. Risks involve minor bleeding and bruising.

Needle insertion pain, muscle soreness and post intervention fatigue are possible risk factors. Very rare complications are infection and pneumothorax (when the needled area is over the lung field.) Your physical therapist will screen you for contradictions prior to intervention in order to minimize associated risks.

### You may not be a candidate for FDN if you have any of the following conditions:

- 1st trimester of pregnancy
- Uncontrolled anticoagulant usage
- Compromised immune system/ autoimmune disease
- Local infection or active tumor
- History of lymph node removal
- Occipital region of patients with Arnold Chiari Malformation
- Post surgical but cleared by surgeon (you must check with the surgeon)
- Respiratory illness (acute, subacute, recovering, etc.)
- Needle aversion or phobia
- Significant cognitive impairment
- History of traumatic or spontaneous pneumothorax
- Metal allergy

If you are unsure if you are a good candidate, give us a call.

## Contact Us



(641) 774-3213

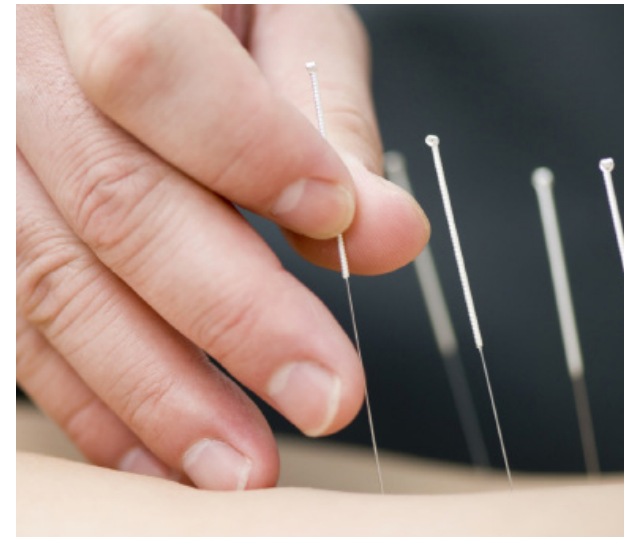


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# Functional Dry Needling



LUCAS **LC** COUNTY  
HEALTH **HC** CENTER

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# What is Functional Dry Needling?

Functional Dry Needling (FDN) is a therapeutic technique that uses thin monofilament needles to treat muscle trigger points, which are creating pain and discomfort.

## What is a trigger point and how did I develop one?

Active trigger points consist of taught bands of tissue (knots within a muscle) and they can develop due to injury, musculoskeletal dysfunction, and overuse. Active trigger points impair a muscle's ability to lengthen and contract causing dysfunction. As a result, this shortens and compresses the muscle causing an irritable nodule.

## How can dry needling help me?

FDN can be used to treat a variety of musculoskeletal issues including: neck, back and shoulder pain; arm pain (tennis elbow, carpal tunnel, golfer's elbow); tension headaches; knee and foot pain; buttock and leg pain (sciatica, hamstring strains, calf tightness/spasms); and more.

## Is dry needling similar to acupuncture?

Although they use similar thin filament needles, acupuncture and FDN are two very different treatments. Acupuncture is used to treat Traditional Chinese Medical diagnoses of visceral and systemic dysfunction, while FDN is used to assess and treat myofascial pain. FDN relieves pain by inactivating trigger points within muscles.

# Acupuncture vs. FDN

## Acupuncture:

- Medical diagnosis not relevant
- Medical exam not applicable
- Needling placement according to Traditional Chinese Medicine philosophy
- Knowledge of anatomy not applicable
- No immediate change anticipated

## Dry Needling:

- Medical diagnosis is necessary
- Medical exam imperative
- Needling insertion based on musculoskeletal trigger points
- Knowledge of anatomy essential
- Prompt subjective and objective signs and symptoms change

# FDN and Your Care

FDN is a natural extension of the quality hands-on therapy. To be effective, FDN should not be performed as an isolated treatment, but as part of a comprehensive plan; it is another very specific tool used to reduce pain and help patients better tolerate their physical therapy and tailored exercise plan.

Successful FDN must be administered by a highly skilled therapist, with advanced training in anatomy and musculoskeletal function and dysfunction. It will not replace the hands-on approach to your physical therapy treatment, but will be used as an adjunct to our current level of care.

# The Procedure

## How much does Dry Needling cost?

LCHC charges \$60 per Dry Needling session. Dry Needling is an out-of-pocket expense.

## Are the needles sterile?

Yes, we only use sterile disposable needles.

## How will I feel after having treatment done?

There may be some soreness immediately after treatment in the area of the body that was Dry Needled. This is normal, although does not always occur. Occasionally, soreness develops a few hours later, or even the next day. The soreness may vary depending on the area of the body that was treated, and also varies person-to-person, but typically feels like you have had an intense workout at the gym. Occasionally patients will experience some bruising or may feel tired, nauseous, emotional, and/or somewhat "out of it" after treatment. This is a normal response that only lasts an hour or two after treatment.

## Can I come in just for a Dry Needling appointment?

Appointments with Dry Needling are available without referral, however, we do recommend Dry Needling as part of a comprehensive treatment plan.