

YOUR LOGO

THE DIFFERENCE BETWEEN DRY AND WET NEEDLING

Dry Needling uses a solid, monofilament needle that is inserted into soft tissue. This needle diameter typically ranges from .15mm to .35mm (much smaller than a wet needle) and can result in some post-needling soreness, or leave some mild bruising.

Wet Needling uses a hollow bore needle that is required to deliver injectate (fluid) like corticosteroids, anesthetics or other substances. The needle diameter is typically much larger than a dry needle (.5mm to 1mm)

Whenever medication is added to the treatment, the likelihood of side effects like skin discoloration or tissue damage increases.

Dry Needling does not produce significant side effects like these.



IDN
INTEGRATIVE DRY NEEDLING