

YOUR LOGO

# WHAT IS THE ACHE FEELING?

During dry needling, we aim to *make it as painless as possible, but you might still feel some sensations. One of these is a slight “ache.”*

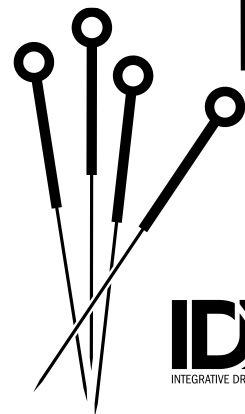
*So, what’s going on, and is it a good sign?*

The short answer is **yes!**

Your nerves react to the needle by sending signals that you might feel as an *ache, warmth, pressure, or even a sensation that moves to other areas.*

***These feelings are a good thing!***

They show us that *muscle tension and inflammation are easing, and blood flow is improving!*



**IDN**  
INTEGRATIVE DRY NEEDLING