

**Dry Needling of Achilles Tendon**  
**Orthopaedic Department**  
**Patient Information Leaflet**

Under review

## What is dry needling?

Dry needling is a procedure that is performed under local anaesthetic by a Consultant Radiologist (X-ray specialist). After injecting local anaesthetic into the skin a very fine needle is passed repeatedly through the abnormal tendon substance. ~~This~~ is done to stimulate an inflammatory response within the tendon. ~~The inflammatory response and this~~ then induces the formation of ~~reparative repair~~ tissue which strengthens the tendon ~~and hopefully reduces pain~~. Patients who respond well to dry needling, or who have only partial pain relief MAY be suitable for repeated needling, depending on the severity of their symptoms.

## Alternatives

Dry needling is performed prior to performing more formal ~~and major~~ surgery as surgery has a longer recovery ~~process period~~ and is more invasive with higher risks attached.

## ~~Risks~~ Complications of the procedure

Risks of this procedure are relatively rare and the evidence is that such complications occur in about 1% - 2% of cases:

**Pain:** You may experience some discomfort afterwards. This should be relieved by anti-inflammatory tablets.

**Infection:** This may present as temperature or redness and discharge around the wound. A course of antibiotics may be necessary.

**Rupture:** The tendon may tear. This cannot be predicted, but moving it too early is often a cause.

The main risk of the procedure is non relief of symptoms – ie you do not get better. Further treatments will be discussed with you in the out-patient clinic.

## After the procedure

After the procedure you will attend the plaster room to have a walking boot ~~applied to your leg~~ or a below knee cast ~~applied to your leg~~. This is to keep the ankle still while the tendon heals. You will be able to walk, putting weight through the plaster /boot. ~~However, you will not be able to drive for 3 weeks~~ You cannot drive a manual car with a boot on until the boot is removed. It MAY be possible for you to drive an automatic car if your boot is on the left foot – the responsibility for assessing your fitness to drive rest with you, the patient.

## Post Operative care

You will be given a care of your cast leaflet; this will contain dos and don'ts of looking after your cast along with telephone numbers if you have any problems with the cast. You will ~~also~~ be given an appointment to attend [the](#) Orthopaedic [o](#)utpatient clinic approximately 3 weeks after the procedure, where the plaster/boot will be removed. Further treatment will then be guided by your Orthopaedic surgeon..

### **Further Information**

Orthopaedic and Fracture Clinic:-  
Monday – Friday  
Tel: 01384 456111 Extension 2220  
[Plaster Room](#)

Under review

**This Information can be made available in large print, audio version and in other languages, please call 0800 0730510.**

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिये तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीਫ਼ोन ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો **0800 0730510** પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

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حسب ضرورت اس ایف ایٹ کوٹنی زبان (اوردو) میں حاصل کرنے کے لئے برہم پرائی ٹیلیفون نمبر **0800 0730510** پر ویڈیٹ انٹرنیشنل کو اور ایمل (مریٹوں کے لئے معلومات کی فراہمی کے سلسلے میں) کے ساتھ رابطہ قائم کریں۔

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