

DRY NEEDLING CONSENT AND INFORMATION FORM

Revised 8/24/17

What Is Dry Needling?

Dry needling is a form of therapy in which fine needles are inserted into myofascial trigger points (painful knots in muscles), tendons, ligaments, or near nerves in order to stimulate a healing response in painful musculoskeletal conditions. Dry needling is not acupuncture or Oriental Medicine; that is, it does not have the purpose of altering the flow of energy (“Qi”) along traditional Chinese meridians for the treatment of diseases. In fact, dry needling is a modern, science-based intervention for the treatment of the pain and dysfunction in musculoskeletal conditions such as neck pain, shoulder impingement, tennis elbow, carpal tunnel syndrome, headaches, knee pain, shin splints, plantar fasciitis, or low-back pain.

Is Dry Needling Safe?

Drowsiness, tiredness, or dizziness occurs after treatment in a small number of patients (1-3%) and if affected, you are advised to not drive. Minor bleeding or bruising occurs after dry needling in 15-20% of treatments and is considered normal. Temporary pain during dry needling occurs in 60-70% of treatments. Existing symptoms can get worse after treatment (less than 3% of patients) however; this is not necessarily a “bad” sign. Fainting can occur in certain patients (0.3%), particularly at the first treatment session, when needling the head or neck regions. Dry needling is very safe; however, serious side effects can occur in less than 1 per 10,000 (less than 0.01%) treatments. The most common serious side effect from dry needling is pneumothorax (lung collapse due to air in the chest wall). The symptoms of dry needling-induced pneumothorax commonly do not occur immediately after the treatment session, as the symptoms may take several hours to develop. The signs and symptoms of a pneumothorax may include shortness of breath on exertion, increased breathing rate, chest pain, dry cough, bluish discoloration of the skin or excessive sweating. If such signs and/or symptoms occur, you should immediately contact your physical therapist or physician. Nerves or blood vessels may be damaged from dry needling which can result in pain, numbness or tingling; however, this is a very rare event and is usually temporary. Damage to internal organs has been reported in the medical literature following needling; however, these are extremely rare events (1 in 200,000).

Is there any other information your practitioner should be aware of?

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| 1. Have you ever fainted or experienced a seizure? | YES / NO |
| 2. Do you have a pacemaker or any other electrical implants? | YES / NO |
| 3. Are you currently taking anticoagulants (blood thinners e.g. aspirin, Warfarin, Coumadin)? | YES / NO |
| 4. Are you currently taking antibiotics for an infection? | YES / NO |
| 5. Do you have a damaged heart valve, metal prosthesis or other risk of infection? | YES / NO |
| 6. Are you pregnant or actively trying for a pregnancy? | YES / NO |
| 7. Do you suffer from metal allergies? | YES / NO |
| 8. Are you a diabetic or do you suffer from impaired wound healing? | YES / NO |
| 9. Do you have Hepatitis B, Hepatitis C, HIV or any other infectious disease? | YES / NO |
| 10. Have you eaten in the last 2 hours? | YES / NO |

SINGLE-USE DISPOSABLE NEEDLES ARE USED IN THIS CLINIC

STATEMENT OF CONSENT

I confirm that I have read and understand the above information, and I consent to having dry needling treatments.
I understand that I can refuse at any time.

Patient Name (printed)

Patient Signature

Date