



## Dry Needling Consent and Information Form

### I. 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; in fact, it is modern intervention treatment of pain and dysfunction in musculoskeletal conditions: neck pain, shoulder impingement, tennis elbow, carpal tunnel syndrome, headaches, knee pain, shin splints, plantar fasciitis, or low-back pain. Your therapist has received special training to perform this procedure and is certified in dry needling (Cer. DN.). He has also been certified as an Orthopedic Clinical Specialist (OCS) by the American Board of Physical Therapy Specialties (ABPTS).

### II. Is Dry Needling Safe?

Drowsiness, tiredness or dizziness occurs after treatment in a small number of patients (1-3%): if affected, do NOT drive. Minor bleeding or bruising occurs after dry needling in 15-20% of treatments and is considered normal. Temporary pain during procedure occurs in 60-70% of treatments. Existing symptoms can worsen 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 and neck regions. Dry Needling is very safe; however, serious side effects can occur in less than 0.01% treatments. The most common serious side effect from dry needling is pneumothorax (lung collapse due to air inside the chest wall), and may take several hours to develop. These signs include shortness of breath on exertion, increased breathing rate, chest pain, dry coughing, bluish discoloration of the skin, or excessive sweating. If such signs/and or symptoms occur, immediately contact our physical therapist or physician. Nerves or blood vessels may be damaged from dry needling which may result in pain, numbness or tingling; however, this is a very rare and temporary event. Damage to the internal organs has been reported; however, these are extremely rare events (1 in 100,000,000).

### III. Check all that apply:

- Have you ever fainted or experienced a seizure?  YES  NO
- Do you have a pacemaker or any other electrical implants?  YES  NO
- Are you currently taking anticoagulants (i.e. Aspirin, blood thinners)?  YES  NO
- Are you currently taking antibiotics for an infection?  YES  NO
- Do you have a damaged heart valve, metal implant or other increased risk of infection?  
 YES  NO
- Do you suffer from metal allergies?  YES  NO
- Are you diabetic or do you suffer from impaired wound healing?  YES  NO
- Do you have Hepatitis B, C, HIV or any other infectious disease?  YES  NO
- Have you eaten in the last 2 hours?  YES  NO

### IV. Statement of Consent

I confirm that I have read and understand the above information, and I consent to have dry needling treatment. I also understand that I can refuse treatment at any time. The performing therapist will not stimulate any distal or auricular points during the dry needling treatment. No drugs are injected.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_