

Dry Needling Consent Form

Dry needling is a skilled intervention that uses a thin filiform needle to penetrate the skin and stimulate underlying myofascial trigger points (painful knots in muscles), muscular, and connective tissues for the management of neuromusculoskeletal pain and movement impairments. No medications of any kind are injected.

With any treatment and procedure, there are possible side effects and complications. While complications are uncommon they do sometimes occur and must be considered prior to giving consent. Any questions or concerns you have about possible side effects or complications should be discussed with your physician or physical therapist before Dry Needling is performed. Complications include but are not limited to the following:

1. Dry Needling often causes a “post needling soreness”. There can be an increase in pain from a couple of hours to days, followed by an expected improvement in the overall pain state.
2. Any time a needle is used there is a risk of infection. However, we are using new, single use, sterile, and disposable needles. Infections are rare but can be serious.
3. A needle may inadvertently be placed in a blood vessel, in which case a hematoma (bruise) may develop.
4. Bruising is a common occurrence and usually not a concern unless you are taking a blood thinner.
5. If a nerve is touched, it may cause paresthesia (a prickling sensation) which is usually brief, but it may continue for a couple of days or in rare cases longer.
6. When needling the back or chest, there is a rare possibility that a lung may be punctured causing a pneumothorax (air in the chest cavity) which requires prompt medical treatment. However, the signs and symptoms of 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 physician or physical therapist.
7. Drowsiness, tiredness, or dizziness can occur after treatment and, if affected, you are advised not to drive.

Any complications other than minor bruising or soreness should promptly be reported to your physician or physical therapist.

Alternatives to Dry Needling include medication, exercise and other physical modalities that include: electrical stimulation, ultrasound, soft tissue mobilization and joint mobilization.

PLEASE ANSWER THE FOLLOWING QUESTIONS

Are you pregnant or actively trying to get pregnant Y/N If YES: How many weeks? _____

Do you have any implanted devices: Y/N . If yes: Pacemaker/Spinal Cord Stimulator/Deep Brain Stimulator/Other _____

Do you have implants: Y/N If yes: Chin/Breasts/Pecs/Buttocks/Calves/Other _____

Do you take blood thinners: Y/N. If yes: Aspirin, Heparin, Xarelto, Eliquis, Pradaxa, Coumadin (Warfarin)/Other _____

Do you have a bleeding disorder: Y/N If yes: What kind _____

Do you take any immunosuppressants: Y/N

Have you ever fainted or had a seizure: Y/N

Are you currently taking antibiotics for an infection: Y/N

Are you a diabetic or suffer from impaired wound healing: Y/N

Do you have Hepatitis B, Hepatitis C, HIV, or any other infectious disease: Y/N

*I will notify the clinician should there be any changes in any of the above.

*I have read, or had read to me, the above. I have had the opportunity to ask any questions, all of my questions have been answered to my satisfaction, and I understand the risks involved with Dry Needling. I consent to examination and treatment.

Signature: _____ Date: _____

Print name: _____