

## DRY NEEDLING CONSENT FORM

Trigger point dry needling is a physical therapy approach to treat myofascial pain and dysfunction. Dry needling (DN) is a valuable and effective way to deactivate myofascial trigger points. It is a skilled intervention that uses a thin filiform needle to penetrate the skin and stimulate underlying myofascial trigger points, muscular and connective tissues for the management of neuromusculoskeletal pain and movement impairments. A local twitch response (LTR) will be elicited. Multiple trigger points in multiple muscles can be treated during each treatment. No medication of any kind is injected. As with any medical procedure or treatment, there are possible adverse reactions. While significant adverse reactions are uncommon, they do sometimes occur and must be considered prior to giving consent.

1. Dry needling often causes a “post needling soreness.” There can be an increase in pain from a couple of hours to 2-3 days, followed by an improvement in the overall pain state.
2. Any time a needle is used there is a risk of infection. The needles used are new, sterile and disposable. Infections are extremely rare.
3. There is a possibility of bleeding or bruising.
4. There is a rare possibility of a pneumothorax (air in the chest cavity).
5. There is a possibility of an allergic reaction to the nickel in the stainless steel needle.

### PLEASE ANSWER THE FOLLOWING QUESTIONS:

|                                    |     |   |
|------------------------------------|-----|---|
| Are you 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/insulin pump/other _____ |
| Do you have any implants?          | Y/N | If yes, breast/facial/pecs/buttocks/calves/hip replacement/knee replacement/other _____ |
| Do you take blood thinners?        | Y/N | If yes, Coumadin (Warfarin)/other _____   |
| Do you have a bleeding disorder?   | Y/N | If yes, what kind? _____  |
| Do you take immunosuppressants?    | Y/N | If yes, what kind? _____  |
| Do you take anti-inflammatories?   | Y/N | If yes, what kind? Advil/aspirin/other _____  |

*“Dry needling is a technique in physical therapy practice to treat trigger points in muscles. You should understand that this dry needling technique should not be confused with a complete acupuncture treatment performed by a licensed acupuncturist. A complete acupuncture treatment might yield a holistic benefit not available through a limited dry needling treatment.”*

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. I understand the risks involved with dry needling. I consent to examination and treatment at Physical Therapy and Wellness of Richmond, including dry needling of any involved muscles.

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_