



Dry Needling Consent & Information Form

Dry Needling involves placing a small needle into myofascial trigger points (tender knots in the muscle), tendons, ligaments, or near nerves to stimulate a healing response in painful musculoskeletal conditions. Dry needling is not acupuncture, and does not attempt to alter the flow of energy along Chinese meridians. Dry needling is a modern, science-based technique useful in the treatment of musculoskeletal pain and dysfunction based instead on treating the painful anatomical structures directly including low back and neck pain, knee pain, plantar fasciitis, and shoulder impingement.

Risks of Dry Needling

Although unlikely, dry needling has been associated with certain risks. Drowsiness, tiredness, or dizziness has occurred in some patients after treatment (1-3%). Minor bleeding or bruising can also occur after dry needling in 15-20% of treatments and is considered normal. Temporary pain during the procedure may occur in 60-70% of treatments. Existing symptoms can initially worsen after treatment. Fainting can also occur in certain patients (.3%), particularly at the first treatment session in the head and neck regions. For this reason, the patient should eat before the procedure and notify the practitioner of any feelings of faintness during the procedure.

Serious side effects of dry needling may also occur, but are very rare (less than 1 in 10,000). The most common serious side effect is pneumothorax where the lung collapses due to air in the chest wall after accidental puncture of the lung. The symptoms of dry-needling induced pneumothorax commonly do not occur until after the treatment session, and possibly several hours later. These signs and symptoms include shortness of breath, increased breathing rate, chest pain, a dry cough, bluish discoloration of the skin, or excessive sweating. If any of these signs and symptoms occur, you should immediately contact your physical therapist. If a pneumothorax is suspected, you will be instructed to seek immediate medical attention from your physician, have a chest x-ray, or possibly go to the emergency room.

Other extremely rare but potential risks of dry needling include infection, nerve or blood vessel injury, or possible damage to internal organs. If you have any new pain, numbness, or tingling with the dry needling procedure, you should again contact your physical therapist for further assessment. In addition, please notify your provider if you have any conditions that may be transferred by blood, require blood anticoagulants or have any other conditions that may have an adverse effect to needle punctures.



Please answer the following prior to your dry needling treatment:

1. Have you ever fainted or experienced a seizure? YES/NO
2. Do you have a pacemaker or any other electrical implant? YES/NO
3. Are you currently taking anticoagulants (blood thinners like 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 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 prior to dry needling treatment? YES/NO

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

Date: _____

Signature

Printed Name

Witness