

DRY NEEDLING CONSENT AND REQUEST FOR PROCEDURE



Dry Needling involves inserting a tiny monofilament needle into a muscle or muscles to release shortened bands of muscle and decrease trigger point activity. This can help resolve pain and muscle tension, and will promote healing. This is not traditional Chinese Acupuncture, but instead is a medical therapeutic treatment.

Dry Needling is a valuable and effective treatment for musculoskeletal pain. Like any treatment, there are possible complications. While complications are rare in occurrence, they are real and must be considered prior to giving consent for treatment.

Risks:

The most serious risk with Dry Needling is accidental puncture of a lung (pneumothorax). If this were to occur, it may likely require a chest x-ray and no further treatment. The symptoms of shortness of breath may last for several days to weeks. A more severe puncture can require hospitalization and re-inflation of the lung. This is a rare complication, and in skilled hands it should not be a major concern. Other risks include injury to a blood vessel causing a bruise, infection, and/or nerve injury. Bruising is a common occurrence and should not be a concern.

Patient's Consent:

I understand that no guarantee or assurance has been made as to the results of this procedure and that it may not cure my condition. My therapist has also discussed with me the probability of success of this procedure, as well as the probability of serious side effects. Multiple treatment sessions may be required/needed while this consent will cover this initial treatment as well as consecutive treatments by this facility. I have read and fully understand this consent form and understand that I should not sign this form until all items, including my questions, have been explained or answered to my satisfaction. With my signature, I hereby consent the performance of this procedure and consent to any measures necessary to correct complications which may result.

Procedure:

I, _____, authorize _____ to perform Dry Needling for my diagnosis of _____.

Please answer the following questions:

Are you pregnant? Yes No Are you immunocompromised? Yes No Are you taking blood thinners? Yes No

DO NOT SIGN UNLESS YOU HAVE READ AND THOROUGHLY UNDERSTAND FORM

You have the right to withdraw consent for this procedure at any time before it is performed

Patient or Authorized Representative

Date

Time

Patient Name Printed

Relationship to Patient (if other than patient)



How will I feel after a session of Dry Needling?

- You may feel some **soreness** after treatment in area of the body you were treated. This does not always occur, but should be expected and is considered normal. It may be immediate, or can take up to a few hours, or even until the next day to feel an onset of soreness. The soreness may vary from person to person and is based on the area of the body that was treated – it will typically feel like you had an intense workout at the gym and will typically last 24-48 hours.
- **Bruising** from the treatment is possible, but is not of concern. Some areas are more likely to bruise than others including shoulders, chest and portions of the extremities. Use ice to help decrease the bruising and if you feel concern, please call your provider.
- It is common to feel tired/fatigued, energize, emotional, giggly, or “out of it” after treatment. This is a normal response that can last up to an hour or two after treatment. If this lasts beyond a day contact your provider as a precaution.
- There are times when treatment may exacerbate your symptoms. This is normal and may indicate you need to follow up sooner with your practitioner to continue treatment. If this continues past the 24-48-hour window, keep note of it, as this can help your provider adjust your treatment plan if needed based on your report. This does not mean Dry needling cannot help your condition.

What should I do after my treatment and what is recommended?

We highly recommend increasing your water intake for the next 24 hours after treatment to help avoid or reduce soreness. We also recommend soaking in a hot bath or hot tub to help relieve post treatment soreness and soften symptoms associated with the treatment you received. After dry needling, you may do the following based on your comfort level. Please note that if it hurts or exacerbates your symptoms, then discontinuing the activity is probably best.

- Work out and/or stretch
- Participate in normal physical activity
- Massage the area
- Use heat or ice as preferred for post treatment soreness
- If you have prescription medications, continue to take them as prescribed.

What should I avoid after treatment?

- Unfamiliar activities, doing more than you normally do, or sitting still
- Excessive alcohol intake.

If you are feeling light headed or experience difficulty breathing, chest pain, or any other concerning symptoms after treatment, call us immediately. If you are unable to get a hold of us, please call your physician.