

Dry Needling Consent & Information Form

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), tendon, ligaments, or near nerves in order to stimulate a healing response in painful musculoskeletal conditions. Dry needling is not acupuncture or Oriental Medicine; that is, it does not have the purpose of altering the flow of energy ("Qi") along traditional Chinese meridians for the treatment of diseases. Your therapist will not stimulate distal/auricular points. Dry needling is a modern, science-based intervention for the treatment of pain and dysfunction in musculoskeletal conditions such as neck pain, shoulder impingement, tennis elbow, carpal tunnel syndrome, headaches, knee pain, shin splints, plantar fasciitis, or low-back pain.

Is Dry Needling safe?

Drowsiness, tiredness or dizziness occurs after treatment in a small number of patients (1-3%) and if affected, you are advised not to drive. Minor bleeding or bruising occurs after dry needling in 15-20% of treatments and is considered normal. Temporary pain during dry needling occurs in 60-70% of treatments. Existing symptoms can get worse after treatment (less than 3% of patients); particularly at the first treatment session when needling the head or neck regions. Dry needling is very safe; however, serious side effects can occur in less than 1 per 10,000 (less than 0.01%) of treatments. The most common serious side effect from dry needling is pneumothorax (lung collapse due to air inside the chest wall). The symptoms of dry needling-induced pneumothorax commonly do not occur until after the treatment session, sometimes taking several hours to develop. The signs and symptoms of a pneumothorax may include shortness of breath on exertion, increased breathing rate, chest pain, a dry cough, bluish discoloration of the skin, or excessive sweating. If such signs and/or symptoms occur, you should seek immediate medical attention from your physician or if necessary go to the emergency room. Please notify your physical therapist as well. Nerves or blood vessels may be damaged from dry needling which can result in pain, numbness or tingling; however, this is a very rare event and is usually temporary. Damage to internal organs has been reported in the medical literature following needling; however, these are extremely rare events (1 in 200,000). Single-use, disposable needles are used in this clinic.

Is there anything your practitioner needs to know?

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 e.g. aspirin, 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 for infection? YES / NO

6. Are you pregnant or actively trying for a pregnancy? YES / NO
7. Do you have metal allergies? YES / NO
8. Are you diabetic or do you have impaired wound healing? YES / NO
9. Do you have hepatitis B, hepatitis B, HIV, or any other infectious disease? YES / NO
10. Have you eaten in the last two hours? YES / NO
11. Do you have breast implants? YES / NO
12. Do you have a fear of needles? YES / NO
13. Have you had a mastectomy? YES / NO
14. Have you had any lymph nodes removed? YES / NO
15. Have you had a recent surgery < 12 weeks? YES / NO

Bradley Schoonveld MPT and Tessa Fraser DPT are certified in dry needling for all body areas.

Statement of Consent

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

Please print your name

Signature