

DRY NEEDLING INFORMATION AND CONSENT FORM

What is Dry Needling?

Dry needling is a form of therapy in which fine needles are inserted into the myofascial trigger points (painful knots of muscles), tendons, 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. In fact, 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); however this is not necessarily a “bad” sign. Fainting can occur in certain patients (0.3%), 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%) 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 immediately contact your physical therapist or physician. 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. Infection (1 per 66,000) or damage to internal organs (1 per 200,000) has been reported in the medical literature following needling, however these are extremely rare events.



Expert Physical Therapy

21600 Novi Rd, Suite 400, Novi, MI 48375
18899 W. 12 Mile Rd, Lathrup Village, MI 48076
30180 Orchard Lake Rd, Farmington Hills, MI 48334

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 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 of infection? YES / NO
6. Are you pregnant or actively trying for a 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 two hours? YES / NO

Only single-use, disposable needles are used in this clinic.

This service is offered as a self-pay service only and will not be billed to your insurance company. Each session is \$65.00 and payment is due at time of service.

Statement of Consent

The purpose, benefits and potential risks of dry needling have been explained to me.

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.

Patient Signature

Date

Patient Printed Name