



Dry Needling Consent Form

Dry needling is an invasive treatment using solid filament needles to penetrate the skin in order to reach a trigger point within a muscle or scar tissue within other soft tissues in the body. A trigger point is a taut band within a muscle or other soft tissue that can cause local pain, refer pain to other areas or cause movement impairments. Dry needling these taut bands can release the trigger point and restore proper function of the tissues around them.

Possible benefits include: decreased pain, improved muscle function, improved mobility and decreased tension.

Common side effects include: temporary pain, muscle soreness typically for 1-3 days, minor bruising, minor bleeding at the needling site.

Rare side effects may include: allergic reaction to metals, local infection, temporary nerve irritation, pneumothorax (collapsed lung) if needling over the chest wall.

Please answer the following questions. Do you have any of the following:

- | | | |
|-----------------------------------------------------------|-----|----|
| 1. Local or systemic infection | Yes | No |
| 2. Compromised immune system | Yes | No |
| 3. Heart valve replacement | Yes | No |
| 4. Endocarditis (swelling around the heart) | Yes | No |
| 5. Bleeding disorder | Yes | No |
| 6. Currently using blood thinners | Yes | No |
| 7. Peripheral vascular disease | Yes | No |
| 8. Diabetes | Yes | No |
| 9. Medical implants (pacemaker, joint replacements, etc.) | Yes | No |
| 10. Cosmetic implants (breast, calf, etc.) | Yes | No |
| 11. Blood borne disease (Hep B/C, HIV, etc.) | Yes | No |
| 12. Pregnancy (current, or trying for...) | Yes | No |

Consent

I have read this document and understand the benefits and risks of dry needling. I consent to the use of trigger point dry needling to address my concerns and symptoms.

Printed Name: _____

Signature: _____

Date: _____