



## Informed Consent for Evaluation and Treatment Dry Needling

### **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), tendons, ligaments, or near nerves in order to stimulate a healing response in painful and movement related 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 treatments of disease. In fact, dry needling is a modern, science-based intervention for the treatment of pain and dysfunction in muscle and bone conditions such as neck pain, shoulder impingement, tennis elbow, carpal tunnel syndrome, headaches, knee pain, shin splints, plantar fasciitis, jaw pain-TMJ, and back pain.

### **Is Dry Needling Safe?**

Drowsiness, tiredness, or dizziness occurs after treatment in a small number of patients (1-3%). 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 region. Dry needling is very safe; however, serious side effects can occur in less than 1 per 10,000 (less than 0.1%) 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 sessions, 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 chiropractor or emergency room. 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, there are extremely rare events (1 and 200,000).

**What Types of Needles are Used?**

Single-use, disposable needles are used in our office.

**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.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

## **Is there anything Dr. Chrystie needs to know?**

1. Have you ever fainted or experienced a seizure?  
YES NO
2. Do you have a pacemaker or other electrical implant?  
YES NO
3. Are you currently taking anticoagulants (blood thinners)?  
YES NO
4. Are you currently taking antibiotics for an infection?  
YES NO
5. Do you have a damaged heart valve?  
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 diseases?  
YES NO
10. Have you eaten in the last 2 hours?  
YES NO

### **How can I expect to feel after a session of Functional Dry Needling?**

You should notice instant improvements in range of motion, ease of movement, and decreased signs/symptoms. It is not uncommon to feel sore after the treatment, but typically this soreness only lasts between a few hours or a couple days and varies from person to person based on the area treated. The soreness may be alleviated by applying ice to the area and performing specific stretches or exercises prescribed by your provider.

Bruising from the treatment is possible, but not of concern. Some areas of the body are more probable to bruise than others, which include the shoulders, chest, or face. Although large bruising is rare, it is possible. In this situation, use ice to help decrease the bruising and call your provider if you have any concerns.

It is also common to feel tired, fatigued, energized, emotional, or “out of it” after treatment. This is a very normal response that could last up to two hours after treatment. If these symptoms last longer than one day, contact your provider as a precaution.

There may be times when treatment may exacerbate your symptoms. This is normal and may indicate that you need to follow up sooner with your providers to continue the treatment. If these symptoms continue past 24-48 hours, keep note of this to help your provider adjust your treatment plan if needed. This does not mean that functional dry needling cannot or won't help your condition.

### **What is recommended after my treatment?**

We highly recommend increasing water consumption for the next 24 hours after treatment to reduce soreness. We also recommend soaking in a hot bath or hot tub to relieve post treatment soreness and reduce the symptoms associated with the treatment you received. We recommend completing the following activities after treatment, unless these activities hurt or exacerbates your symptoms:

- Stretching
- Participating in normal physical activity
- Use ice for post treatment soreness
- If you have prescription medications, continue to take them as prescribed

**What should I avoid after treatment?**

- Unfamiliar physical activity or sports related activity
- Excessive alcohol intake
- Increasing your daily activity level

**If you are feeling lightheaded, have chest pain, experiencing difficulty breathing or any other concerning symptoms after treatment, please call us immediately. If you are unable to reach us, please call your physician.**