DRY NEEDLING CONSENT FORM

Trigger point dry needling is a physical therapy approach to treat Myofascial Pain and Dysfunction. Dry Needling (DN) is a valuable and effective way to deactivate myofascial trigger points. It is a skilled intervention that uses a thin filiform needle to penetrate the skin and stimulate underlying myofascial trigger points, muscular, and connective tissues for the management of neuromusculoskeletal pain and movement impairments. A local twitch response (LTR) will be elicited. Multiple trigger points in multiple muscles can be treated during each treatment. No medication of any kind is injected. As with any medical treatment and procedures, there are possible adverse events. While significant adverse events are uncommon, they do sometimes occur and must be considered prior to giving consent.

1. Dry needling often causes a "post needling soreness": there can be an increase in pain from a couple of hours to 2-3 days, followed by an improvement in the overall pain state.
2. Any time a needle is used there is a risk of infection. However, we are using new, sterile, and disposable needles; infections are extremely rare.
3. There is a possibility that you may bleed or bruise.
4. There is a rare possibility of a pneumothorax (air in the chest cavity).
5. Allergic reaction to nickel in the stainless-steel needle.

PLEASE ANSWER THE FOLLOWING QUESTIONS:

Are you pregnant? Y/N If yes: How many weeks? _____

Do you have any implanted devices? Y/N If yes: Pacemaker/Spinal Cord Stimulator/Deep Brain Stimulator/Insulin Pump/Other_____

Do you have any implants? Y/N If yes: Breast/Facial/Pecs/Buttocks/Calves/Hip Replacement/Knee Replacement/Other_____

Do you take blood thinners? Y/N If yes: What kind? _____

Do you have a bleeding disorder? Y/N If yes: What kind_____

Do you take any immunosuppressants? Y/N If yes: What kind_____

Do you take anti-inflammatories? Y/N If yes: What Kind Advil/Aspirin/Other_____

"Dry needling is a technique used in physical therapy practice to treat trigger points in muscles. You should understand that this dry needling technique should not be confused with a complete acupuncture treatment performed by a licensed acupuncturist. A complete acupuncture treatment might yield a holistic benefit not available through a limited dry needling treatment."

I have read, or had read to me, the above. I have had the opportunity to ask any questions, all of my questions have been answered to my satisfaction, and I understand the risks involved with dry needling. I consent to examination and treatment at Orthopedic Physical Therapy, Inc, including dry needling, of any and all of my involved and affected muscles, for the duration of up to 1 (one) year following the date below, or until revoked by me in writing. I understand that my therapist has suggested trigger point dry needling. I also understand that this procedure is NOT a covered service. Therefore, I agree to be personally and fully responsible for the payment of $125.00 for this procedure. Payment is due prior to the initiation of treatment.

Patient Printed Name: _____

Patient Signature: _____ **Date:** _____