

Dry Needling Consent Form

Dry needling is a physical intervention that uses a fine, sterile needle to stimulate trigger points for the treatment of neuromuscular pain and functional movement deficits. A local inflammatory process is started to encourage healing. No medications are used or injected. The desired effect is to improve the function of the musculoskeletal system, resulting in symptom reduction. Dry needling is based upon western medical concepts and is not acupuncture. Dry needling requires an examination and diagnosis, and is part of a comprehensive physical therapy program.

Benefits of Dry Needling

The benefits dry needling include decreasing muscle tightness, decreasing pain and decreasing dysfunction caused by acute or chronic musculoskeletal conditions. Dry needling is never used as an isolated treatment. It is important that you do the exercises and follow the advice of your therapist to achieve your treatment goals.

Your Physical Therapist's Training

Your physical therapist has been specifically trained and educated in dry needling techniques. Specific training in dry needling includes all requirements specified by law and the Georgia Board of Physical Therapy. Pam Bentley, PT, DPT is a licensed physical therapist and has been in practice for 25 years.

What You Will Feel

Your physical therapist will choose the length and thickness of the needle appropriate for your condition and your body size, and then insert it through the skin at the appropriate place. You will feel a small pinprick. Depending on the type of needle technique chosen by your physical therapist, you may also feel a muscle ache and/or a muscle twitch. These are all normal and expected sensations, and indicate that you should experience relief from your symptoms.

Risks of Dry Needling

Dry needling is a valuable treatment for musculoskeletal pain. Like any treatment, there are possible complications. While complications are rare in occurrence, they are real and must be considered prior to giving consent for treatment.

Risks associated with dry needling include bruising, infection, and/or nerve injury. Bruising around the needle site is a common occurrence and should not be a concern unless you are taking blood thinners. On rare occasions, fainting may occur. If the shoulder, neck and chest area is being treated, there is an additional risk that the lung may be accidentally punctured and the patient may develop a pneumothorax (air in the space around the lung). This is a very rare but serious problem, and if it occurs, the patient should seek medical attention immediately. Symptoms of a pneumothorax include shortness of breath, sudden sharp pain upon inhalation, a bluish tinge to your lips, and an inability to "catch your breath".

To receive this treatment, you are required to inform your PT about certain conditions that may complicate or even contraindicate the use of dry needling:

Are / Do you currently (INITIAL yes/no):

Pregnant or trying to become pregnant?	___ Yes	___ No	___ N/A
Have a bleeding disorder (i.e. Hemophilia, etc.)?	___ Yes	___ No	
Taking an anticoagulant/medication or blood thinner?	___ Yes	___ No	
Have cancer?	___ Yes	___ No	
Have an infection of any kind?	___ Yes	___ No	
Have a joint replacement?	___ Yes	___ No	
Have breast implants?	___ Yes	___ No	
Have a cardiac pacemaker or spinal stimulator?	___ Yes	___ No	
Do you feel faint or pass out around needles?	___ Yes	___ No	
Have any known disease or infection that can be transmitted through bodily fluids?	___ Yes	___ No	

Consent

By signing this waiver, I give my consent and understand the information stated above regarding risks. I have had the opportunity to ask my PT any questions I had and they were answered. I elect to receive Dry Needling.

Patient Name _____ Date _____

Patient Signature _____ Therapist's Signature _____

Pamela Bentley, PT, DPT
Doctor of Physical Therapy