



Dr. Rachel Carter, PT, DPT, OCS, Cert Dry Needling

DRY NEEDLING CONSENT FORM AND INFORMATION

What is Dry Needling?

Dry needling is a form of physical therapy in which a thin, solid needle is inserted into painful knots in muscles (also known as trigger points). Solid needles are different from hollow needles (also known as hypodermic needles), which are those used to draw blood, or inject steroids or other medications. Solid needles are known as monofilament needles, they are not hollow, they are smaller and less painful than a hypodermic needle. Nothing is injected into the body, other than the needle itself. Dry needling can also be used in muscles, tendons, ligaments, or close to the nerves in order to stimulate a healing response in acute and chronic musculoskeletal conditions. Dry needling is not acupuncture or Eastern Medicine; that is, it does not have the purpose of changing energy along traditional Chinese Meridians for the treatment of diseases. In fact, dry needling is a modern, medical and evidence-based treatment for pain and problems in musculoskeletal conditions such as neck pain, shoulder impingement, tennis elbow, carpal tunnel, headaches/migraines, knee pain, shin splints, plantar fasciitis, and low back pain. Dry needling has been around for over four decades in the United States.

Is Dry Needling Safe?

- **Single-Use, Disposable Needles are Used in this Clinic!**
- Temporary pain occurs during dry needling in 60-70% of treatments. Existing symptoms can get worse after treatments (< 3% of patients); however, this is not necessarily a “bad” sign. This is generally short-lived (24 hours or less).
- Minor bleeding or bruising can occur after treatment (15-20% of patients) and is considered NORMAL.
- 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.
- Drowsiness, tiredness, and/ or dizziness may occur after treatment in a small number of patients (1-3%). If this occurs, you are advised not to drive and to have a driver pick you up.
- Fainting can occur in certain patients (0.3%), particularly at the first treatment session when needling of the head/ neck is performed.
- Dry needling is very safe; HOWEVER, serious side effects can occur in less than 1 per 10,000 (< 0.01%) treatments.

- Damage to internal organs has been reported in the medical literature following needling; however, these are extremely rare events (1 in 200,000).
- The most common serious side effect from dry needling is pneumothorax (lung collapse due to air inside the chest wall).
 - If such signs and/ or symptoms occur, you should immediately contact your physical therapist or physician.
 - 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
 - Excessive sweating

Is there anything your physical therapist needs to know?

1. Have you ever fainted or experienced a seizure (during a blood draw or in general)?

•YES •NO

2. Do you have a pacemaker or any other electrical implant?

•YES •NO

3. Are you currently taking 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

Statement of Consent:

I confirm that I have read and understand the above information, and I consent to having dry needling treatments during my plan of care at Southern Rehab & Aquatics. I understand that I can refuse treatment at any time, and it is my responsibility to let my physical therapist know of any adverse events or reactions before, during, or after treatment. Southern Rehab & Aquatics, as well as my therapist, is not liable for any adverse events that occur during the treatments within the clinic, outside of malpractice.

Printed Name of Patient

Signature of Patient

____/____/____
Date