



DRY NEEDLING THERAPY INFORMED CONSENT FORM

PATIENT INFORMATION

Patient Name: Date of Birth:

Address:

Phone Number: Email:

WHAT IS DRY NEEDLING?

Dry needling is a skilled intervention performed by a qualified physical therapist that uses a thin, solid filament needle to penetrate the skin and stimulate underlying myofascial trigger points, muscular tissues, and connective tissues for the management of neuromusculoskeletal pain and movement impairments. It is not the same as acupuncture, which is based on Traditional Chinese Medicine and performed by acupuncturists.

BENEFITS OF DRY NEEDLING

Dry needling may provide relief for some muscular pain and tension. Potential benefits include:

- Decreasing pain and muscle tension
- Improving range of motion
- Accelerating recovery from injury
- Reducing muscle spasms
- Enhancing blood flow to affected areas
- Facilitating rehabilitation and return to function

RISKS AND SIDE EFFECTS

I understand that dry needling may result in certain risks and side effects, including but not limited to:

- **Pain/Discomfort:** Temporary soreness or bruising at the needle insertion site
- **Bleeding:** Minor bleeding or bruising may occur at the needle site
- **Fatigue:** Some patients may experience temporary fatigue or lightheadedness
- **Syncope:** Temporary fainting or dizziness (uncommon)
- **Pneumothorax:** While extremely rare, there is a risk of puncturing the lung when treating muscles in the chest, neck, or upper back
- **Infection:** Very rare when proper sterile techniques are used



- **Nerve Injury:** Extremely rare but possible when needling near nerve structures
- **Muscle Soreness:** Similar to post-exercise soreness, this generally resolves within 24-48 hours

• **Please answer the following questions with Y/N response.**

- Are you Pregnant? Y/N
- Are you Diabetic? Y/N
- Do you have a pace maker? Y/N
- Do you have a bleeding disorder? Y/N
- Are you taking an anticoagulant? Y/N
- Are you allergic to metal? Y/N
- Do you suffer from seizures/ epilepsy? Y/N

PREGNANCY NOTICE

Dry needling should generally be avoided during pregnancy, particularly during the first trimester or near the abdomen, low back, or points that may induce labor. If you are pregnant or suspect you may be pregnant, please inform your physical therapist immediately.

PATIENT ACKNOWLEDGMENT AND CONSENT

By signing below, I acknowledge that:

1. I have read and understand the information provided about dry needling, including its benefits and risks.
2. I have had the opportunity to ask questions, and all my questions have been answered to my satisfaction.
3. I understand that no guarantee has been made about the results of dry needling treatment.
4. I do not have any bleeding disorders, am not taking blood thinners, and do not have any other contraindications for dry needling that I have not disclosed.
5. I understand that I may withdraw this consent and discontinue treatment at any time.
6. I hereby give my consent for the performance of dry needling as a part of my physical therapy treatment.

Patient Signature: **Date:**

Print Name:



PHYSICAL THERAPIST STATEMENT

I have explained the procedure, alternatives, and risks to the patient in a language they could understand. The patient has demonstrated understanding and has consented to treatment.

Physical Therapist Signature: **Date:**

Print Name: **License #:**

EMERGENCY CONTACT INFORMATION

Name: **Relationship:**

Phone Number:

