



Systemic Dry Needling Consent Form

Systemic Dry Needling involves placing a small needle into the muscle at the trigger point or muscle belly which is typically an area which the muscle is tight and may be tender with the intent of causing the muscle to contract and then release. This with result in improving the flexibility of the muscle and therefore, decreasing the symptoms.

Systemic Dry Needling is a valuable treatment for musculoskeletal related pain such as soft tissue and joint pain as well as the increase muscle performance. Like any treatment, there are possible complications. While these complications are rare in occurrence, it is recommended that you read through to possible risks prior to giving consent to treatment.

Risk of the procedure:

Though unlikely, there are risks associated with this treatment. The most serious risk associated with dry needling is accidental puncture of the lung (pneumothorax) if being treated in the shoulder, chest or neck. If this were to occur, it may likely only require a chest x-ray and no further treatment as it can resolve on its own. The symptoms of pain and shortness of breath may last for several days to weeks. A more severe lung puncture can require hospitalization and re-inflation of the lung. This is a rare complication and in skilled hands should not be a concern. If you feel any related symptoms, immediately contact your dry needling provider. If a pneumothorax is suspected, you should seek medical attention immediately from your physician or go to the emergency room.

Other risks may include pain at needle site, bruising, infection, nerve injury, faintness/dizziness, anxiety, increased sweating, and nausea. Please notify your provider if you have any conditions that can be transferred by blood, require blood anticoagulants or any other conditions that have an adverse effect to needle punctures. Bruising is a common occurrence and should not be a concern unless you are taking a blood thinner. As the needles are very small and do not have a cutting edge, the likelihood of any significant tissue trauma is unlikely.

Contraindications:

You are not a candidate for dry needling if you have an active skin lesion in the area, any blood disease (hemophilia, anemia, cancer, Hepatitis B or C, or HIV/AIDS), or metal allergies. Dry needling is also contraindicated if you are pregnant as some trigger points may cause spontaneous abortion.

Please consult your practitioner if you have any questions regarding the treatment above.

- Do you have any of the contraindications listed above? Yes No
- Are you on blood thinners? Yes No
- Do you have diabetes? Yes No
- Females, is there any chance that you are pregnant? Yes No N/A

If you marked yes, please discuss with your practitioner.

Cost for treatment: an additional \$25 charge for insurance patients. \$60 charge for a stand-alone dry needle only appointment. Included for our performance/wellness clients. **(HSAs do not qualify)**

I fully understand the description and risks associated with dry needling and give my provider consent to treat.

Patient Printed Name

Patient DOB

Patient/Legal Guardian Signature

Date