

**WHAT IS DRY NEEDLING?**

Dry needling is a technique where fine, filiform needles are inserted by the therapist into myofascial trigger points (painful knots in the muscle) and connective tissue in order to stimulate a pain-inhibiting response. It has been shown to reduce pain, including referred pain, related to trigger points and other neuromuscular sources. Dry needling is an evidence-based intervention and is NOT acupuncture or Oriental Medicine. Single-use, disposable needles are used for this procedure. No injections will be performed. Dry needling is a valuable tool for treatment of neuromusculoskeletal pain and for improving muscle performance.

**IS DRY NEEDLING SAFE?**

Overall, dry needling is considered a very safe procedure. As with any treatment, there are possible risks and it is important that you understand those prior to giving consent to treatment. Mild side effects associated with dry needling have been reported in approximately 20% of all treatment cases and include slight bleeding, bruising, and temporary pain (typically a muscular soreness type pain) being the most common.<sup>1</sup> Other mild side effects include aggravation of symptoms, drowsiness, feeling faint, headache, and nausea, those of which have been reported in less than 1% of treatments.<sup>1</sup>

Significant side effects associated with dry needling are RARE, estimated to occur in less than .04% of total treatments, and could include fainting, vomiting, prolonged aggravation of symptoms or pneumothorax (lung puncture).<sup>1</sup>

- Symptoms of pneumothorax may occur after the treatment session, sometimes taking several hours to develop and notice.
- Symptoms include: shortness of breath, increased breathing rate, chest pain, dry cough, excessive sweating, and bluish discoloration of the skin.
- **In the event such symptoms occur, please seek immediate medical attention and notify your provider.**

Please respond to the following medical questions:

Do you have any known disease or infection that can be transmitted through body fluids?	NO	YES
Do you have any known blood disorders?	NO	YES
Are you currently taking anticoagulants (blood thinners e.g. Warfarin, Coumadin)?	NO	YES
Are you diabetic or suffer from impaired wound healing?	NO	YES
Have you ever had a joint replacement or implants of any kind?	NO	YES
Are you currently or could be pregnant?	NO	YES

(If you answered YES to any of these questions, please discuss with your therapist.)

**\*STATEMENT OF CONSENT**

I confirm that I have read and understand the above information, have had an opportunity to ask questions, understand the risks involved, and I consent to have dry needling treatments. I understand that I can refuse treatment at any time.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

**TO BE COMPLETED BY PARENT OF MINOR PATIENT**

I, \_\_\_\_\_ (name of parent/guardian), confirm that I have read and understand the above information, have had an opportunity to ask questions, understand the risks involved, and I hereby give my consent for my minor child/ward, \_\_\_\_\_, to have dry needling treatments. I understand I can revoke my consent at any time.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

<sup>1</sup> Brady S, McEvoy J, Dommerholt J, Doody C. Adverse events following trigger point dry needling: a prospective survey of chartered physiotherapists.  
*J Man Manip Ther.* 2014; 22(3):134-140.