

## Dry Needling Consent Form

Dry needling is the practice of using a small monofilament needle (similar to an acupuncture needle) to penetrate the tissue of the skin and go directly into the muscle belly. Dry needling is highly effective in the treatment of trigger points and restoring normal neuromuscular function. Restoring neuromuscular function will improve overall function of the muscle as it relates to movement. Many times the muscle will give a “twitch response” which is just the muscle responding to the needle insertion and “resetting”. Dry needling is not acupuncture.

Benefits of dry needling:

- Increased circulation
- Reducing the tight bands of muscle causing the trigger point
- Biochemical changes causing inflammation locally at the site
- Improved neuromuscular reactivity

Resulting in:

1. Increased Range of Motion
2. Decreased Pain
3. Restoring function

Potential Complications including but not limited to:

Common:

- Needle insertion pain
- Muscle soreness
- Bruising
- Bleeding from needle stick

Uncommon/Rare:

- Fatigue
- Feeling faint or dizziness
- Headache
- Emotional response
- Sympathetic response (increased HR)
- Nausea or vomiting
- Infection
- Pneumothorax (if needle is inserted around the area of the lung)

Whereas many of the above are very rare or uncommon there is a possibility.

I have read and understand the above information. I give permission to PhysioOne Physical Therapy & Wellness to perform this treatment. I understand that in order to receive dry needling in the state of Georgia, a signed prescription or referral is needed by an MD.

Patient name \_\_\_\_\_ Date \_\_\_\_\_