



Dry Needling is an advanced physiotherapy technique that may be used as part of your individualized physical therapy treatment plan. Your physiotherapist has recommended dry needling to help address muscle pain, trigger points, and movement dysfunction. The purpose of this document is to provide you with information about dry needling, including its potential benefits, risks, and alternatives, so you can make an informed decision about whether to proceed. Please read the following information carefully and ask your physiotherapist any questions you may have before providing your consent.

What is Trigger point release (TPR)?

Trigger points are irritable tight muscle knots that are tender on deep palpation and cause referred pain and muscle dysfunction. A Needle inserted into the trigger point releases the tight muscle, restores normal muscle function and decreases pain. Dry Needling is a technique that utilizes thin, solid filament needles to treat myofascial trigger points, muscle spasms, or dysfunctional tissue. Like any medical procedure, there are possible complications. While uncommon, these sometimes occur and must be considered prior to providing your consent to proceed with the treatment.

- You may experience an increase in muscle soreness for one to two days followed by an expected improvement in your symptoms overall.
- You may expect a general feeling of fatigue after your treatment as your body requires energy to assist in healing the tissue dysfunction.
- A risk of needle being placed accidentally into the lung tissue creating a small hole in the lung. There is minimal risk involved with a skilled and experienced physiotherapist performing dry needling.
- A small bruise may be experienced or localized bleeding in the region of the inserted needle.
- You may also experience any of the following during treatment: A feeling of relaxation, an increase in energy level, dizziness, nausea, sweating, or irritation at the site of needle insertion.

To assist your therapist to determine if Dry needling is appropriate for you, please indicate if any of the following apply to you:

- Bleeding disorder (e.g. Hemophilia) Yes ___ No ___
Use blood thinners / anticoagulants (including daily aspirin) Yes ___ No ___
Pregnancy Yes ___ No ___
Diabetes Yes ___ No ___
Recent or current local infection Yes ___ No ___
Heart valve replacement Yes ___ No ___
Surgery within the last 6 weeks Yes ___ No ___
Breast or Metal implants in area to be treated Yes ___ No ___
Blood borne illness (e.g. Hepatitis, HIV) Yes ___ No ___
Anxiety regarding needles Yes ___ No ___



What are the complications associated with dry needling?

Common Minor Complications:

- Minor bleeding
- Deep ache or cramp like pain occurs in most dry needling sessions. This doesn't indicate Injury - but it is the desired response.
- Muscle soreness for 24-48 hours after dry needling.
- Less common complications that range from mild to significant, include:
- Drowsiness or fatigue
- Feeling shaky, faint or fainting
- Nausea/Headache
- Release of emotions
- Numbness or nerve irritation

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Serious Complications that are very rare include:

- Breakage of needle in the body
- Infection
- Puncture of vital tissue (e.g. a puncture of lung tissue causing it to collapse which is called pneumothorax)

There is no guarantee that dry needling will improve your symptoms. It is recommended that you trial 3 needling sessions before deciding whether the technique is beneficial to you.

I hereby authorize and consent to dry needling treatment provided by my physiotherapist

Print name _____ Signature _____ Date _____

Authorization for Care of a Minor (Under 18 yrs)

I hereby authorize and consent to dry needling treatment provided by my physiotherapist for my Child

Patient name _____

Parent/Guardian _____ Signature _____ Date _____