

Dry Needling Therapy Consent Form



During your physical therapy treatment you may be a candidate for Dry Needling. We have you sign this consent prior to the procedure to be prepared in the event it is recommended during one of your therapy sessions. You will have the opportunity to ask any questions and express any concerns, with your therapist before any treatment.

Dry Needling Therapy is a valuable treatment technique in managing chronic pain, acute pain, muscle stiffness and spasm, edema/swelling, and painful muscle trigger points (TRIGGER POINTS ARE TINY KNOTS THAT DEVELOP IN A MUSCLE WHEN IT IS INJURED OR OVERWORKED).

Dry Needling uses a thin, flexible, sterile needle to promote muscle relaxation, while increasing the ability of tissue to heal, and often results in pain relief. Dry Needling technique uses the same type of needles used in Acupuncture. However, Dry Needling treatment perspective is based solely on modern physiology, neurology and biomechanics, rather than the ancient Traditional Chinese/Asian Theory of the energy, “Chi”. Dry Needling is termed “dry” because at no time will a fluid or medication, be injected into your body. It therefore can be considered a natural therapy to help manage pain and injury.

Dry Needling may cause minor to moderate increases in muscle soreness and ache for up to two days. However, improvements in a patient’s overall pain state can be expected to occur within the first 24 hours after treatment. If a needle touches a nerve, vein or artery and produces pain, bruising, numbness and/or tingling, it can be expected to resolve in a few days. Needling around the trunk and neck requires special attention. To avoid piercing lung tissue when dry needling close to the trunk area, short needles and general caution are utilized to minimize risks.

If at any time during treatment you feel uncomfortable, nervous, nauseas or experience pain, the needles will immediately be removed upon your request.

All needling procedures have a risk for infection. However, our Therapists always utilize new, sterile, disposable needles, thorough hand-washing procedures and sterile gloves. Other risks may include but not limited to bruising, nerve injury, and needle breakage, trauma to nerves, soft tissue swelling, and bruising and or hematoma formation.

If you currently have an; infection, cancer, hepatitis, HIV/AIDS, a pacemaker, are taking blood thinners and/or immunosuppressant medications (decreasing the strength of the immune system), then please inform therapist prior to beginning treatment.

I have read or have had this form read to me; and I understand the risks involved with Dry Needling Therapy. If I am a dry needling candidate I consent to Dry Needling Therapy treatment by my therapist.

Print Name: _____ Date: _____

Signature: _____