

## Acupuncture and Dry Needling Informed Consent

**Please read this entire document prior to signing the informed consent/consent to treat form. It is important that you understand the information contained in it. Do not hesitate to ask questions that may arise before signing it if anything is unclear.**

### **Dry Needling**

Dry needling is an invasive procedure using a solid filament needle (acupuncture needle) to penetrate the skin and stimulate myofascial trigger points, muscular, and connective tissues for the management of neuromusculoskeletal pain and movement impairments. Dry needling is a technique used to treat dysfunctions in skeletal muscle, fascia, and connective tissue, and, diminish persistent peripheral nociceptive input, and reduce or restore impairments of body structure and function leading to improved activity and participation.

### **Acupuncture**

Acupuncture is an invasive procedure using a solid filament needle (acupuncture needle) to penetrate the skin at strategic points in the body. It is a key component of traditional Chinese medicine for balancing and influencing the flow of energy through channels in your body. Acupuncture may be used to alleviate pain and address a variety of symptoms and health conditions. It has valid scientific evidence to support its use in many conditions.

### **Contraindications and Precautions for Acupuncture or Dry Needling**

Not all patients are candidates for these treatments. Please let your provider know if any of these are applicable to you. This may mean that acupuncture or dry needling is not safe for you, or that the treatment needs to be modified.

- 1<sup>st</sup> trimester of pregnancy
- Compromised immune system or cancer
- Local infection, skin lesion, or active tumor
- Cardiac pacemaker
- History of lymph node removal or lymphedema
- Anticoagulant medication (blood thinners)
- Unstable epilepsy
- Blood clotting condition
- Vascular disease
- Metal allergy
- Cognitive impairment
- Inability/unwillingness to consent
- Needle aversion or phobia
- Severe osteoporosis
- Recent surgery
- Implants of any kind

### **The material risks inherent in Acupuncture and Dry Needling**

As with any healthcare procedure, there are certain complications that may arise during acupuncture or dry needling treatment. Your provider will make every reasonable effort to screen for contraindications to care; however, if you have a condition that would otherwise not come to my attention, it is your responsibility to inform me.

### **Possible complications of Acupuncture or Dry Needling:**

Although these treatments carry a relatively low risk of complications, there are risks involved in any medical treatment. Consenting to treatment means you wish to undergo treatment while acknowledging that these complications can occur.

- Needle insertion pain
- Muscle soreness and tenderness
- Fatigue
- Light bleeding and bruising.
- Worsening of symptoms
- Feeling faint or dizzy
- Nerve injury
- Needles becoming stuck/bent/ broken
- Headaches.
- Infection
- Diarrhea
- Vomiting
- A needle being forgotten

**The most serious complication** that can happen with acupuncture or dry needling is a pneumothorax, the penetration of the lining around the lung with a needle. This is generally a rare complication and I will do everything in my power to avoid it. If you experience sudden shortness of breath, pain in the tip of the shoulder, pain with breathing, or other difficulties breathing it's important to seek medical care.

**Muscle soreness and tenderness** is the most common side effect, and most patients will experience it to some degree. It's often described as post-workout soreness and usually lasts 24-48 hours after treatment. However, each patient is different and some experience more discomfort than others. Keep your provider informed on how you tolerated treatment so that further treatments can be adjusted as needed.

**Other treatment options** are available should you choose not to be treated with acupuncture or dry needling. Those treatment options generally include chiropractic care, massage therapy, physical therapy, or medical care.

A COPY OF THIS FORM IS AVAILABLE UPON REQUEST.