

ELLIS PHYSICAL THERAPY ASSOCIATES, INC.

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DRY NEEDLING CONSENT & INFORMATION FORM

What is Dry Needling?

Dry Needling is a form of therapy in which fine needles are inserted into myofascial trigger points (painful knots in muscles), tendons, ligaments, or near nerves in order to stimulate a healing response in painful musculoskeletal conditions. Dry needling is not acupuncture or Oriental Medicine; That is, it does not have the purpose of altering the flow of energy ["Qi"] along traditional Chinese meridians for the treatment of diseases. In fact, dry needling is a modern, science-based intervention for the treatment of pain & dysfunction in musculoskeletal conditions such as neck pain, shoulder impingement, tennis elbow, carpal tunnel syndrome, headaches, knee pain, shin splints, plantar fasciitis, or low-back pain.

Is Dry Needling safe?

Drowsiness, tiredness or dizziness occurs after treatment in a small number of patients [1-3%]. If affected, you are advised not to drive. Minor bleeding or bruising occurs after dry needling in 15-20% of treatments and is considered normal. Temporary pain during dry needling occurs in 60-70% of treatments. Existing symptoms can get worse after treatment [less than 3% of patients]; however, this is not necessarily a "bad" sign. Fainting can occur in certain patients [0.3%], particularly at the first treatment session when needling the head or neck regions. Dry needling is very safe; however, serious side effects can occur in less than 1 per 10,000 [less than 0.01%] treatments. The most common serious side effect from dry needling is pneumothorax [lung collapse due to air inside the chest wall]. The symptoms of dry needling-induced pneumothorax commonly do not occur until after the treatment session, sometimes taking several hours to develop. The signs & symptoms of pneumothorax may include shortness of breath on exertion, increased breathing rate, chest pain, a dry cough, bluish discoloration of the skin or excessive sweating. If such signs and/or symptoms occur, you should immediately contact your physical therapist or physician. Nerves or blood vessels may be damaged from dry needling which can result in pain, numbness or tingling; however, this is a very rare event and is usually temporary. Damage to internal organs has been reported in the medical literature following needling; however, these are extremely rare events [1 in 200,000].

Is there anything your practitioner needs to know?

1. Have you ever fainted or experienced a seizure? YES / NO
2. Do you have a pacemaker or any other electrical implant? YES / NO
3. Are you currently taking anticoagulants [blood-thinners— aspirin, warfarin, Coumadin, etc.]? YES / NO
4. Are you currently taking antibiotics for an infection? YES / NO
5. Do you have a damaged heart valve, metal prosthesis or other risk of infection? YES / NO
6. Are you pregnant or actively trying for a pregnancy? YES / NO
7. Do you suffer from metal allergies? YES / NO
8. Are you a diabetic or do you suffer from impaired wound healing? YES / NO
9. Do you have Hepatitis B, Hepatitis C, HIV, Epstein Barr Virus, West Nile, Malarial parasites & Prion agent, Cytomegalovirus, Hepatitis D, Human T Lymphotropic Retroviruses, Parvovirus, Staphylococci or Streptococci? YES / NO
10. Have you eaten in the last 2 hours? YES / NO
11. Have you ever had mono (mononucleosis)? YES / NO

Single-use, disposable needles are used in this clinic.

STATEMENT OF CONSENT

I confirm that I have read and understand the above information, and I consent to having dry needling treatments. I understand that I can refuse treatment at any time.

Signature: _____

Printed Name: _____ Date: _____