

## Dry Needling Consent 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. The physical therapist will not stimulate any distal or auricular points during intramuscular manual therapy. Dry Needling at our facilities are only performed with single-use, disposable needles.

### **What are the Risks and Benefits of intramuscular dry needling manual therapy?**

Dry needling is a modern, science-based intervention for the treatment of pain and 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.

The most serious risk with dry needling near the thorax is puncture of the lung called pneumo-thorax. If this were to happen, it may likely require a chest x-ray and no further treatment. The symptoms are shortness of breath and may last from days to several weeks. A more severe puncture can require hospitalization and re-inflation of the lung. This is a rare complication, and in skilled hands it should not be a major concern. Other risks include injury to a blood vessel causing bruise, infection and or nerve injury. Bruising is a common occurrence and should not be a concern.

### **Who can perform intramuscular dry needling?**

To be deemed competent to perform intramuscular dry needling manual therapy in Mississippi a licensed physical therapist must receive Board approved credentials by The Mississippi State Board of Physical Therapy. To obtain Board approved credentials the physical therapists must successful complete an approved intramuscular dry needling manual therapy course of study with a minimum of fifty face-to-face hours of intramuscular dry needling manual therapy within one twelve (12) month period.

*According to the MS Board of Physical Therapy, "A physical therapist performing intramuscular dry needling manual therapy in his/her practice must have written informed consent for each patient where this technique is used.*

### **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 my treatment may not include Dry Needling. This technique will be discussed by you and your physical therapist prior to performing dry needling and you may refuse or opt-out of treatment at any time.***

Signature: \_\_\_\_\_

Date: \_\_\_\_\_