

Be Still Physical Therapy, PLLC
350 Detroit Street #107 Denver, CO 80206
720-385-8700

Dry Needling Consent Form

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 is not intended to stimulate any distal or auricular acupuncture points. In fact, dry needling is a modern, science-based intervention for the treatment of musculoskeletal pain.

Risks of the procedure:

Drowsiness, tiredness or dizziness occurs after treatment in a small number of patients (1-3%) and 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 both during and after dry needling occurs in 60-70% of treatments. Fainting can occur in patients, particularly at the first treatment session when needling the head or neck regions. Dry needling is very safe; however serious side effects can occur. The most common serious side effect is pneumothorax (lung collapse due to air inside the chest wall). The symptoms of pneumothorax may include shortness of breath on exertion, increased breathing rate, chest pain, a dry cough, bluish discoloration of skin, or excessive sweating. If such sign/symptoms occur, you should immediately contact your physician. Nerves or blood vessels may be damaged from dry needling which can result in pain, numbness or tingling; however, this is very rare event and is usually temporary. Damage to internal organs has been reported following needling; however, these cases are extremely rare.

Dr. Christine Trombley, PT, DPT has been trained in this procedure as required by the Colorado Department of Regulatory Agencies, and is qualified to perform this skill.

Is there anything your practitioner needs to know?

1. Have you ever fainted or experienced a seizure? YES/NO
2. Are you currently taking anticoagulants (e.g. warfarin, coumadin)? YES/NO
3. Are you currently taking an antibiotics for an infection? YES/NO
4. Do you have a metal prosthesis or other risk of infection? YES/NO
5. Are you pregnant or actively trying for pregnancy? YES/NO
6. Do you suffer from metal allergies? YES/NO
7. Are you diabetic or do you suffer from impaired wound healing? YES/NO
8. Do you have hepatitis B, hepatitis C, HIV or any other infectious disease? YES/NO

If you marked yes, please discuss with your practitioner.

I have read or been read and understand the above information, and hereby give consent for dry needling procedures to be performed on me by Dr. Christine Trombley, PT, DPT. This consent may be revoked at any time verbally or in writing.

Please print your name

Signature

Date

I have been offered a copy of this consent form and have declined