Master Needling Liability Waiver
Level 1

DRY NEEDLING CONSENT AND REQUEST FOR PROCEDURE

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 around nerves in order to stimulate a healing response in painful musculoskeletal conditions. Dry needling in 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 treatment of disease. In fact, 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. Dry needling is a valuable and effective treatment for musculoskeletal pain. Like any treatment, there are possible complications.
While complications are rare in occurrence, they are real and must be considered prior to giving consent for treatment.

Risks: Drowsiness, tiredness, or dizziness occurs after treatment in 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 during needling occurs in 60-70% of treatments. Existing symptoms can get worse after treatment in less than 3%; however, this not necessarily a "bad" sign.
Fainting can occur in certain patients (.3%), particularly at the first treatment session when needling head or neck regions. The most serious risk with dry needling is accidental puncture of a lung (pneumothorax) in .01%. If this were to occur, it may likely require a chest x-ray and no further treatment. The symptoms of shortness of breath may last for several days to weeks. A more severe puncture can require hospitalization and re-inflation of the lung.

ELITE LEVEL PT

SPORTS PERFORMANCE & INJURY PREVENTION

The following is a list of conditions that are the most common contraindications to Dry Needling Therapy.

- Spontaneous bleeding or bruising
- Irregular heart beat
- Tendency to bleed (taking anticoagulant therapy)
- Compromised immune system
- Previous adverse reaction to acupuncture or dry needling therapy
- Seizure induced by previous medical procedure
- Unstable diabetes
- Unstable angina
- Congenital or acquired heart valve disease
- Recent cardiac surgery or congestive cardiac failure
- Recent radiotherapy
- Varicose veins
- Malignancy
- Hematoma
- Pregnancy
- Eczema or psoriasis
- Peripheral Neuropathy
- Recurrent infections
- Epilepsy – stable or unstable or schizophrenia
- Chronic edema or lymphedema
- Depression
- Chronic Fatigue
- Acute cardiac arrhythmias
- Open skin wounds and injuries
- Allergy or Nickel or Chromium
- Human Immunodeficiency Virus
- Hepatitis B or C

Please contact us if you have had any cosmetic of surgical implants inserted into your body including but not excusive to breast, buttock, or pectoral implants. We strongly advise that you consult your medical doctor if you have any of these conditions to confirm that it is safe for you to attend the practical course. If you are in the any doubt, please do not hesitate to contact us. The possible risk and the adverse reactions to dry needling therapy include but are not limited to temporary pain, bleeding, bruising, infection, dizziness, nerve injury, pneumothorax, pregnancy, termination, changes in blood pressure, rash, fainting, muscle soreness and fatigue.

Serious adverse events (AE's) Pneumothorax, Cardiac Tamponade and damage to organs (0.04%) Mild or moderate AE's include bruising (7.55%), bleeding (4.65%), pain during treatment (3.01%), and pain after treatment (2.19%). Uncommon AE's include aggravation of symptom (0.88%), drowsiness (0.26%), headache (0.14%), and nausea (0.13%). Rare AEs fatigue (0.04%), altered emotions (0.04%), shaking, itching. Claustrophobia, and numbness, all (0.01%).

Brady, S et al. Journal of Manual and Manipulative Therapy 2013 VOL. 000 NO. 000 (2013)

There is some risk involved in a any procedure that involves inserting needles of any kind into the body. It is possible to puncture organs (for example lungs) or blood vessels. The most serious risk, although it is extremely rare, is pneumothorax secondary to lung puncture. I understand hematomas can develop secondary to needle insertion.

Patient's Consent: I understand that no guarantee or assurance has been made as to the results of this procedure and that it may
not cure my condition. My therapist has also discussed with me the probability of success of this procedure, as well as the probability of serious side effects. Multiple treatment sessions may be required/needed, thus this consent will cover this treatment as well as consecutive treatments by this facility. I have read and fully understand this consent form and understand that I should not sign this form until all items, including my questions, have been explained or answered to my satisfaction. With my signature, I hereby consent to the performance of this procedure. I also consent to any measures necessary to
correct complications, which may result.

Please answer the following questions:

Are you pregnant? Yes_____ No_____
Are you immunocompromised? Yes_____ No_____
Are you taking blood thinners? Yes_____ No_____

DO NOT SIGN UNLESS YOU HAVE READ AND THOROUGHLY UNDERSTAND THIS FORM.
You have the right to withdraw consent for this procedure at any time before it is performed.

Patient or Authorized Representative:_____Relationship to Patient:_____Date_____