



2404 POTTERS RD. SUITE 400
VIRGINIA BEACH, VA 23454
PHONE: 757-961-5888
FAX: 757-340-6210
BESTLIFEPHYSICALTHERAPYVB@GMAIL.COM

Patient Information and Consent for Dry Needling as a Procedure for the Assessment and Treatment of Myofascial Trigger Points and Tender Points

Myofascial trigger points and tender points which appear in soft tissue, and are painful sites, reflect abnormal nervous system activity associated with many neuro-musculoskeletal conditions that are treated in our office. The procedure known as Dry Needling is an important tool for diagnosing, treating and monitoring changes in myofascial trigger/tender points. During this procedure, a sterile, very thin, solid filament needle is inserted into tissue that may be associated with one or a number of your complaints. One or a number of needles may be used, and the procedure may be performed during more than one office visit. The number of needles, and the frequency of the procedure will depend entirely on your condition at each office visit. There is little to no pain with this procedure. There is little to no bleeding with this procedure. While an infection is an unlikely event with this procedure, whenever there is penetration of the skin, there is the risk of infection. Other unlikely but possible events include fainting, soreness, or pneumothorax (lung puncture). If you have a fear of needles, a genetic bleeding disorder, a history of a blood disorder that can be transmitted to another person, are regularly taking any blood thinning medication (for example, Coumadin or Warfarin), or are regularly taking any pain relievers containing ibuprofen, NSAIDS, aspirin or acetaminophen (for example, Tylenol, Advil, Aleve, or Bufferin), please inform us by placing a check mark as indicated below:

_____ I have a fear of needles.

_____ I have a genetic bleeding disorder. Please specify:

_____ I have a history of a blood disorder that can be transmitted to another person. Please specify:

_____ I am regularly taking blood thinning (anti-coagulation) medication. Please specify:

_____ I am regularly taking pain relievers. Please specify:

I have read this Patient Information and Consent carefully, I understand this procedure is not acupuncture and I have had an opportunity to ask questions and obtain any desired clarification, and I consent to having the procedure of Dry Needling performed on me. I give permission to have the treated region(s) photographed for records/educational purposes

Print Name: _____

Signature: _____

Date: _____

If patient is less than 18 years of age, parent or legal guardian must sign below.

Print Name: _____

Signature: _____

Post Dry Needling Treatment Instructions

After your treatment you could feel a number of different ways and have a variety of reactions that are typical and that should not alarm you. Below you will find the more common effects associated with Dry Needling Treatment.

1. You may feel very tired for a few hours, you should always drink water after treatment to help flush any metabolic "junk" that occurs with manual therapies out of your system.
2. You could also feel very energized and euphoric, that is generally appreciated. Do not overdo it however as your body may need some time to fully recover.
3. You could develop a bruise, while not always pretty, do not be alarmed, but do report it to the doctor.
4. You may see reddened areas or feel a raised or lumpy reaction, this will typically pass within a few hours or by the next day, and these are typical tissue reactions that are of no concern.
5. You could feel sore in the area of treatment for up to 24 hours, take a hot shower and then apply ice. Feeling sore or dull ache is very typical.
6. You may feel a temporary increase in your symptoms but will often improve the next day.
7. Report any and all of your reactions to the doctor whether good or bad.

Patient Signature

Date