



Dry Needling Informed Consent

Patient Name: _____ DOB: _____ Date: _____

What is Dry Needling?

Dry needling is a skilled treatment performed by a licensed Occupational or Physical Therapist using a sterile, single-use, solid filiform needle. The needle is inserted into muscles or connective tissue to reduce pain, improve muscle function, and restore movement. Dry needling is based on anatomy and neuroscience and is **not** the same as traditional Chinese acupuncture.

Potential Risks

Although dry needling is considered a safe procedure when performed by a trained clinician, possible risks include:

- Temporary soreness or discomfort (24–72 hours)
- Minor bleeding or bruising
- Temporary increase in symptoms
- Fatigue, dizziness, or sweating
- Skin irritation
- Infection (rare)
- Nerve irritation (rare)
- Pneumothorax (collapsed lung) when treating muscles near the chest, shoulder, neck, or upper back (very rare)

*If you experience **chest pain, shortness of breath, persistent cough, or difficulty breathing after treatment, seek immediate emergency medical care.**

Medical History

Please answer the following:

- ☐ Yes ☐ No Are you taking blood-thinning medication?
- ☐ Yes ☐ No Are you pregnant or could you be pregnant?
- ☐ Yes ☐ No Do you have a bleeding disorder?
- ☐ Yes ☐ No Do you have a condition or treatment affecting your immune system?
- ☐ Yes ☐ No Do you have any implanted medical devices (pacemaker, nerve stimulator, insulin pump)?
- ☐ Yes ☐ No Do you have any orthopedic or cosmetic implants?
- ☐ Yes ☐ No Do you have an allergy to nickel or other metals?
- ☐ Yes ☐ No Have you ever fainted during injections or blood draws?

Patient Consent

I certify that I have read this consent form and have had the opportunity to ask questions regarding dry needling. My questions have been answered to my satisfaction. I understand the potential benefits, risks, and alternatives to treatment. I understand that no guarantees have been made regarding the outcome of this procedure.

I understand that this consent applies to today's treatment and future dry needling treatments related to my condition unless I withdraw my consent.

I understand that I may refuse or discontinue dry needling at any time.

Patient Signature: _____ Date: _____

Parent/Guardian (if applicable): _____

Therapist Signature: _____ Date: _____



Dry Needling Patient Information & Aftercare

What is Dry Needling?

Dry needling is a treatment used to improve muscle pain, stiffness, and movement by inserting a very thin sterile needle into tight muscles or "trigger points." The needle helps reset abnormal muscle activity, improve blood flow, decrease pain, and restore normal movement.

Dry needling is based on modern anatomy, biomechanics, and neuroscience and is used to treat musculoskeletal pain and movement disorders.

What Might I Feel?

During treatment you may experience:

- A small pinching sensation when the needle enters the skin.
- A quick muscle twitch (called a **local twitch response**), which is a normal and often desirable response.
- A dull ache or cramping sensation that typically lasts only a few seconds.
- Temporary heaviness or fatigue in the treated muscle.

These responses are expected and generally resolve quickly.

After Treatment

It is common to experience:

- Muscle soreness similar to a workout for 24–72 hours
- Mild bruising
- Temporary fatigue
- Temporary increase in symptoms before improvement

These reactions are normal and typically improve within several days.

Aftercare Recommendations

For the remainder of the day:

- Drink plenty of water.
- Continue gentle movement and normal daily activities as tolerated.
- Perform the home exercises prescribed by your therapist.
- Avoid strenuous exercise involving the treated muscles for approximately 24 hours unless instructed otherwise.
- Gentle stretching or walking may help reduce soreness.
- Heat (heating pad or warm shower) may help relieve soreness if recommended by your therapist.

What Should I Avoid?

For the first 24 hours, unless otherwise instructed:

- Intense exercise involving the treated muscles
- Prolonged inactivity or bed rest
- Excessive alcohol consumption

When Should I Contact My Therapist?

Please contact our office if you experience:

- Severe or worsening pain lasting more than several days
- Increasing redness, warmth, swelling, or drainage from a needle site
- Fever or signs of infection
- Persistent numbness or weakness



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Seek Emergency Medical Care Immediately If You Experience:

- Chest pain
- Shortness of breath
- Difficulty breathing
- Persistent cough following treatment

*These symptoms are uncommon but could indicate a rare complication requiring immediate evaluation.

Frequently Asked Questions

How many treatments will I need?

The number of treatments varies depending on your diagnosis, symptoms, and response. Many patients notice improvement within 2–6 sessions.

Can I work after treatment?

Most patients return to work immediately. Some temporary soreness is expected.

Can I exercise?

Light activity is encouraged. Wait about 24 hours before returning to heavy exercise involving the treated muscles unless your therapist instructs otherwise.

Is bruising normal?

Yes. Small bruises are common and usually resolve within a few days.

Can dry needling be combined with other therapy?

Yes. Dry needling is most effective when combined with manual therapy, therapeutic exercise, stretching, and your individualized rehabilitation program.