

## INFORMED CONSENT FOR DRY NEEDLING

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

- Spontaneous bleeding or bruising
- Irregular heartbeat
- 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 heart failure
- Recent radiotherapy
- Varicose veins
- Malignancy
- Hematoma
- Pregnancy
- Eczema or psoriasis
- Peripheral neuropathy
- Recurrent infections
- Epilepsy
- Stable or unstable schizophrenia
- Chronic edema or lymphedema
- Depression
- Chronic fatigue
- Acute cardiac arrhythmias
- Open skin wounds or injuries
- Allergy to Nickel or Chromium
- Human Immunodeficiency Virus (HIV)
- Hepatitis B or C

**Please inform if you have had cosmetic or surgical implants** inserted into your body, including but not exclusive 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 receive dry needle therapy. If you are in any doubt, please do not hesitate to let us know.

The possible risks and adverse reactions to dry needling therapy include but are not limited to temporary pain, bleeding, bruising, infection, dizziness, nerve injury, pneumothorax, pregnancy termination, changes to blood pressure, rash, fainting, muscle soreness & fatigue.

Serious Adverse Events (AE'S), Pneumothorax, Cardiac Tamponade & damage to organs (0.04%).

Mild or moderate AE's included bruising (7.55%), bleeding (4.65%), pain during treatment (3.01%) and pain after treatment (2.19%). Uncommon AE's include aggravation of symptoms (0.88%), drowsiness (0.26%), headache (0.14%) and nausea (0.13%). Rare AE's include 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)***

My signature below affirms the following statements:

There is always some risk involved in 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. The possibility of accidentally inserting needles into a nerve also exists. I am also aware that vasovagal reactions sometimes occur, resulting in fainting. Infections, though very rare, have been reported. I understand that relatively benign and rarely more serious adverse events may occur. **I also understand the risk of serious harm is highly unlikely.**

My signature below also signifies that I understand the risks as outlined above and my clinician has answered any questions or concerns that I have to my satisfaction. I wish to receive dry needling.

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Printed name

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Signature

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Date

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Witness Signature

\*\*\*Females of child bearing age must sign below to affirm they are not pregnant

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Signature