

## INFORMED CONSENT FOR DRY NEEDLING

(Please read carefully)

Dry needling involves inserting a solid, fine gauge needle into a muscle at a trigger point (area where the muscle is tight). The needle stimulates the trigger point, causing a neuromuscular reaction resulting in decreased tightness or “tone” of the muscle.

Before treatment, ensure that you have had a light meal within the previous few hours. Avoid smoking and consumption of alcohol or caffeine for a few hours before and after treatment.

I further state that the following contraindications are NOT existent: Pregnancy; Pacemaker; Anticoagulants (including Aspirin); Bleeding disorders; Vascular disease; Local infections; Allergy to metal (chromium, nickel); Recent surgery in the area being treated (within 6 months); Compromised immune system (active cancer, HIV, hepatitis, chronic steroid use, diabetes, etc).

I understand and am informed that in the practice of dry needling there are some risks to treatment, including, but not limited to, bleeding or bruising, pain or soreness during or after treatment, nausea or fainting. These symptoms are temporary in nature. On rare occasions, infection, convulsions, possible perforation of internal organs, and stuck or bent needles could occur.

I have been advised that only single use, sterile, disposable needles are to be used. All needles are properly disposed of after each and every treatment.

I do not expect the dry needling practitioner to be able to anticipate and explain all possible risks and complications, I wish to rely on the practitioner to exercise judgment during the course of the treatment, which he/she feels at the time, based upon the facts then known, in my best interest. I understand that the results are not guaranteed. I understand that I may withdraw consent and stop treatment at any time.

### ATTENTION:

When you book an IMS / Dry Needling Initial Assessment, an Intake form will be emailed to you with this consent form included for you to sign.

Do NOT email this form to us as we will not consider it proper consent. If you have any questions, call us at 306-343-7776.

THANK YOU