**Dry Needling Information Form**

Dry needling has been identified as an adjunct to your ongoing physiotherapy management.

Dry needling has been demonstrated to have a significant effect in reducing muscle tone, tightness and pain. Improvement in pain and mobility is typically noted immediately following treatment; however, more chronic conditions can take up to 4-6 treatments to notice lasting changes.

Dry needling is a technique performed with acupuncture needles, over the trigger points (or tender/thickened areas) of your painful muscles. The needle used for this technique is very fine and there is no injection. Dry needling does not require the needles stay in once a local twitch response is triggered (release); therefore, the treatment of each muscle is done very quickly. The area that requires treatment must be exposed, so depending on the area to be treated, shorts, a tank top or gown may be necessary to wear to provide access.

After your treatment, it is common to have some local aching over the area of treatment, which usually dissipates between 4-7 hours after the treatment, but can take as long as 24-48 hours in some cases. Bruising can also occur, but this is less common. Some fatigue on the same day of treatment can also occur.

**What To Do Before a Dry Needling Treatment:**

* Have a snack or light meal, just prior to your treatment
* Be well rested if possible
* Be well hydrated
* Avoiding getting dry needling if you are sick or have a fever
* Avoid cigarettes prior to a needling session. Do not take alcohol, barbiturates or tranquiliser prior to your appointment.
* Take pain medication as necessary. Continue any other medication as prescribed by your doctor
* Bring appropriate clothing for treatment (tank top for upper body, shorts for lower body)

**Advise your Physiotherapist of the Following:**

* All medical conditions
* Medications you are taking
* Past surgeries including any ***pacemakers, implants or joint replacements***
* History of ***bacterial endocarditis or heart valve replacement***
* ***Allergies*** to surgical steel or skin prep chemicals
* Pregnancy

**What to do After a Dry Needling Treatment:**

* Gently activity such as walking or light cardiovascular exercise will help with soreness following treatment.
* Heat will help to reduce muscle stiffness. You may choose to use a hot pack to or have a hot bath with Epsom salts.
* Take pain or other medication as directed by your doctor: keep a record of the amount taken.

**Dry Needling Consent Form**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_have discussed the selective treatment of dry needling to be performed by the physiotherapist indicated below, and give consent to treatment. I understand that there is no guarantee that this procedure will be effective . I will follow my physiotherapist’s instructions and advice.

□ Stephanie Rhea, RPT, CIDN

□ Steven Georges, RPT, CIDN

□ Corey Ireland, RPT, FCAMPT, CIDN

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Client:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To be completed by client (please check below):

**I have a history of:**

□ Hemophilia/blood clotting disorder

□ Hepatitis

□ AIDS

□ Major cardiac disease

□ Hypertension

□ Pregnancy (current)

□ Fear of needles

□ Heart valve replacement

□ Organ transplant

**I am currently taking:**

□ Anti-coagulant medicant (blood thinners)

□ Pain medications

□ Anti-inflammatories

□ Other: Please list: