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| **What is Acupuncture?** |
| According to Traditional Chinese Medicine, by inserting thin monofilament needles into specific points of the body for a period of time, acupuncture allows the balancing of Yin-Yang energy and the flow of chi (i.e. life force energy). By promoting harmony within the body, natural healing and pain relief is encouraged. In Western medicine and allied health, anatomical acupuncture is often used and it combines the knowledge of classical acupuncture with western learned anatomy, physiology, and pathophysiology in order to achieve homeostasis through the autonomic nervous system. |
| **What is Dry Needling?** |
| Dry Needling is a form of intramuscular stimulation (IMS), which is a scientifically based and proven technique for reversing shortened muscles that cause musculoskeletal pain. Like acupuncture, a monofilament is used; however, the needle is inserted briefly into the affected part of the muscle (known as a myofascial trigger point) to ultimately achieve muscle relaxation and relief from chronic pain. *Check out* ***www.integrateddryneedling.ca*** *for more information.fs* |
| **What does the treatment procedure involve?** |
| For both techniques, only single-use, sterilized monofilament needles are used. It is important that you remain still while the needles are inserted. A quick result is the rule, rather than the exception. This can occur on a spectrum from immediate to be delayed until a couple of treatments have been received.  ***Acupuncture***  For most treatments, 2-15 needles (5-6 needles on average) are inserted (depth varies from 2mm up to 7.5cm depending on its location) and left in the body for 15-30 minutes. Overall, acupuncture produces relatively little pain; however different patients experience different sensations during treatment. A pin-prick may be felt when the needle is first inserted. When the needles are placed properly, the patient may experience a beneficial sensation known as De Chi. This has been described as a feeling of fullness, numbness, tingling, warmth, or deep ache around the acupuncture point. When using an anatomical approach, De Chi is not essential to a successful treatment.  ***Dry Needling***  The area will be palpated to locate a trigger point (knot). A single needle is then inserted and a guide of 3-4 thrusts of the needle will be utilized to elicit a local twitch response (jump or release of the muscle). If a twitch is not elicited, a different location may be chosen and the procedure repeated. The elicitation of a twitch response can be quite uncomfortable. |
| **What are the benefits?** |
| ***Acupuncture***  The effects of acupuncture include increased blood flow at the treatment area, pain control, anti-inflammatory effects, hormone release, promotion of tissue regeneration and healing, and muscle relaxation. These effects can be facilitators for earlier, easier movement.  ***Dry Needling***  By releasing shortened muscles, the associated tendons and nerves are unloaded and strain is alleviated. This improved muscle length and subsequent strength results in reduced distress to affected joints. The effects of dry needling are cumulative, with each treatment stimulating a certain amount of healing, until eventually the tissue is healed and the pain resolves. |
| **What are possible adverse effects?** |
| ***Rare but Serious Risks*** include bacterial (Endocarditis, Septicemia) and viral (i.e. Hepatitis B & C, HIV) infections, as well as organ perforation: pneumothorax (collapsed lung) and cardiac tamponade (build-up of blood/fluid between the outer covering/sac of the heart and the heart muscle).  ***Minor Reactions***include tissue trauma (bleeding, bruising, pain in the needled area, subcutaneous hematoma)*,* vasovagal effects (nausea, dizziness, syncope/fainting)*,* temporary worsening of the condition*,* allergic reaction (red, raised itchy bumps), sympathetic response (increased heart rate and blood pressure, sweating, anxiousness, emotional response)  ***Other Risks*** include the needle becoming stuck, broken, or forgotten. Measures are taken to avoid this. |
| **What should I do before treatment?** |
| Especially for the first treatment, nicotine, alcohol, and medications should be avoided within a couple hours of receiving any type of needling. You should also be well rested and have something to eat prior to your appointment. Please wear clothing that allows the needle site to be freely accessed. |
| **What should I do after treatment?** |
| **First and foremost, if you experience any abnormal symptoms during or after treatment, you must report this to your physiotherapist and/or seek medical attention. You should report having recent acupuncture or dry needling treatment.** It is not uncommon to feel tired after treatment. Rest as required. If the treatment area is sore, apply pressure to the area, in addition to heat or ice if needed.  ***For dry needling clients***, until your response to treatment has been established, avoid exercise or heavy use of the affected area for the remainder of the day that treatment was received. It is expected that to be sore at the needled site for several hours. However, it could be as long as 3-4 days. Please let your physiotherapist know if you were sore for a prolonged period of time. Additionally, stiffness the day after dry needling is common. Perform light stretching and/or low limbering movements to alleviate this symptom. |
| **Specific Health History** |
| 🞎 Yes 🞎 No Have you ever fainted or experienced a seizure?  🞎 Yes 🞎 No Do you have a pacemaker or any other electrical implants?  🞎 Yes 🞎 No Are you currently taking anticoagulants (i.e.: Aspirin, blood thinners) or have a blood clotting disorder?  🞎 Yes 🞎 No Are you currently taking antibiotics for an infection?  🞎 Yes 🞎 No Do you have a damaged heart valve, metal, or other risk of infection, including recent dental work?  🞎 Yes 🞎 No Have you had joint replacement surgery or any recent surgery?  🞎 Yes 🞎 No Are you pregnant?  🞎 Yes 🞎 No Do you suffer from metal allergies?  🞎 Yes 🞎 No Are you diabetic or do you suffer from impaired wound healing?  🞎 Yes 🞎 No Do you have Hepatitis B, C, HIV, or any other infectious disease?  🞎 Yes 🞎 No Are you immuno-compromised or taking immunosupresive medications? |
| **Consent** |
| I understand that no guarantee or assurance has been made as to the results of this treatment. My physiotherapist has also discussed with me the probability of success of this procedure, as well as the possibility of serious side effects. I acknowledge that the risks, benefits and possible outcomes of acupuncture/dry needling treatment have been explained to me and I have had the opportunity to discuss any questions or concerns with my physiotherapist. By signing below, I provide consent to receive acupuncture/dry needling treatment. I understand that I may withdraw this consent at any time.  Patient:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |