



Core Wellness
& PHYSICAL THERAPY

Patient Consent Form for Trigger Point Dry Needling

I understand that I will receive trigger point dry needling as part of my physical therapy treatment. Dry needling is an effective physical therapy modality used in conjunction with other interventions in the treatment of myofascial pain and dysfunction. A solid filament needle is inserted into the skin and muscle directly at a myofascial trigger point. A trigger point consists of multiple contraction knots, which are related to the production and maintenance of the pain cycle. The benefit of dry needling is that it precisely deactivates the trigger point, leading to biochemical changes that reduce pain.

Risks of dry needling include, but are not limited to post needling soreness, allergic reaction, vasodepressive syncope (feeling faint), nerve injury, vascular injury, penetration of a visceral organ, increased spasm, muscle edema, infection, and hematoma. Precautions are taken to avoid all of these complications.

Acupuncture disclaimer: dry needling is a technique used in physical therapy practice to treat trigger points in muscles. You should understand that this technique should not be confused with a complete acupuncture treatment performed by a licensed acupuncturist. A complete acupuncture treatment might yield a holistic benefit not available through a limited dry needling treatment.