



CONSENT TO ACUPUNCTURE AND DRY NEEDLING

Acupuncture is a traditional Chinese Medicine treatment that utilizes monofilament needles into specific points on the body for a time period of 20-60 minutes to balance energy flow (chi) throughout the human system. The balance of energy promotes healing and decreases pain.

For most acupuncture treatments, 2-20 needles are inserted at various depths (2mm-50mm-depending on the location) and are left inserted from 15-60 minutes. The needle insertion produces relatively little pain, but individual pain tolerance varies with each individual. Typical feeling of insertion is a pin-prick as well as a tingling, zinging sensation when the Chi is reached. If the Chi sensation is not experienced, it does not mean the treatment was not successful.

The effects of acupuncture are the following:

1. Increased blood flow
2. Pain relief
3. Decrease inflammation
4. Muscle relaxation
5. Hormonal release and balancing
6. Increase rate of healing

Dry Needling (DN) is a form of intramuscular stimulation that utilizes monofilament needles that are inserted into trigger points or shortened muscle fibers that are causing musculoskeletal pain. The needle is inserted quickly and briefly into the affected muscle to elicit muscle relaxation and pain relief.

In this technique, the trigger point is palpated and a single needle is inserted and sometimes a repeated thrust of the needle is utilized to elicit a localized twitch response which is indicative of muscle fiber relaxation. If the twitch response is not elicited, a needle may be inserted in a different location until a twitch response occurs. This pattern of treatment can be uncomfortable for the patient.

The effects of Dry Needling are the following:

1. Increases muscle fiber length
2. Decrease joint stress and load
3. Eliminate joint strain on tendons

The DN treatments are cumulative and a various percentage of healing occurs with each visit. With multiple treatments, the goal of tissue healing and pain relief can be achieved.

RISKS OF ACUPUNCTURE OR DRY NEEDLING TREATMENT

RARE BUT SERIOUS SIDE EFFECTS:

1. Bacterial (Endocarditis or Septicemia) or Viral (Hepatitis B/C or HIV) infection
2. Organ Perforation: Pneumothorax (collapsed lung) or Cardiac Tamponade (fluid build-up between the cardiac sac and heart muscle)

MINOR SIDE EFFECTS:

1. Bleeding, bruising, and pain at the insertion site
2. Nausea/dizziness and/or fainting
3. Allergic reaction (itch, bumps, redness)
4. Sympathetic response (rapid heart rate, increased blood pressure, sweating, anxiousness, emotional responses)
5. Temporary worsening of the condition/complaint

Additional risks also include the needle becoming stuck, broken or forgotten. We will make every effort to avoid this minor issue. Resolutions may include having to include inserting additional needles to release the stuck needle.

What should I do after treatment?

It is common to feel tired after treatment. If the area of treatment is sore, ice or heat may be applied as appropriate and recommended.

For Dry Needling patients, avoid ingestion of NSAID's and avoid heavy exercise of use of the area treated. The needled site can be sore for hours to 3-4 days after treatment. Stiffness can also occur and stretching may decrease pain and improve mobility.

For either of the above mentioned techniques, this office utilizes single-use sterilized acupuncture needles for the procedure.

I understand that no guarantee has been made as to the results of this treatment. Dr. Hutter, D.C. has discussed the probability of success of the procedure as well as the 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.

By signing below, I provide consent to receive acupuncture and/or dry needling. I understand that I may withdraw my consent at any time in the future.

Patient: _____ Date: _____

For Dr. Use Only:

TAKING ANTICOAGULANTS? Y/N
PACEMAKER? Y/N
PREGNANT? Y/N
DIABETIC? Y/N
IMMUNOCOMPROMISED? Y/N
RECENT SURGERY? Y/N

CLOTTING DISORDER? Y/N
ANTIBIOTICS? Y/N
METAL ALLERGIES? Y/N
IMPAIRED WOUND HEALING? Y/N
JOINT REPLACEMENT? Y/N
DAMAGED HEART VALVE? Y/N