



FUNCTIONAL DRY NEEDLING® CONSENT AND REQUEST FOR PROCEDURE

Functional Dry Needling® (FDN) involves inserting a tiny monofilament needle in a muscle or muscles in order to release shortened bands of muscles and decrease trigger point activity. This can help resolve pain and muscle tension, and will promote healing. This is not traditional Chinese Acupuncture, but is instead a medical treatment that relies on a medical diagnosis to be effective. Your physical therapist trained by KinetaCore® has met requirements for competency in Functional Dry Needling® and is now considered a certified Functional Dry Needling® Practitioner. All training was in accordance with requirements dictated by this facility and by the U.S. state of this practitioner's licensure.

FDN is a valuable and effective treatment for musculoskeletal pain. Like any treatment, there are possible complications. While complications are rare in occurrence, they are real and must be considered prior to giving consent for treatment.

Risks: The most serious risk with FDN is accidental puncture of a lung (pneumothorax). If this were to occur, it may likely require a chest x-ray and no further treatment. The symptoms of shortness of breath may last for several days to weeks. A more severe puncture can require hospitalization and re-inflation of the lung. This is a rare complication, and in skilled hands it should not be a major concern. Other risks include injury to a blood vessel causing a bruise, infection, and/or nerve injury. Bruising is a common occurrence and should not be a concern.

Patient's Consent: I understand that no guarantee or assurance has been made as to the results of this procedure and that it may not cure my condition. My therapist has also discussed with me the probability of success of this procedure, as well as the probability of serious side effects. Multiple treatment sessions may be required/needed, thus this consent will cover this treatment as well as consecutive treatments by this facility. I have read and fully understand this consent form and understand that I should not sign this form until all items, including my questions, have been explained or answered to my satisfaction. With my signature, I hereby consent to the performance of this procedure. I also consent to any measures necessary to correct complications which may result.

I am aware that dry needling is FEE FOR SERVICE at Washington PhysioDC and there is a \$50 OUT OF POCKET CHARGE EACH SESSION to receive this procedure. By signing this consent, I understand that I am responsible for this payment EACH SESSION. If I am receiving dry needling without traditional physical therapy treatments (manual therapy & exercise prescription) and/or have not been seen by

a therapist at PhysioDC within thirty (30) days of today, I am aware I will incur an out of pocket \$25 dry needling assessment fee associated with my first session only.

Procedure: I, _____, authorize KIRA DAVIS, MPT to perform Functional Dry Needling® for my diagnosis of _____.

Please answer the following questions:

Are you pregnant? Yes No Are you immunocompromised? Yes No

Are you taking blood thinners? Yes No

DO NOT SIGN UNLESS YOU HAVE READ AND THOROUGHLY UNDERSTAND THIS FORM.

You have the right to withdraw consent for this procedure at any time before it is performed.

Patient or Authorized Representative Date Time

Relationship to patient (if other than patient) (Patient name printed)

Physical Therapist Affirmation: I have explained the procedure indicated above and its attendant risks and consequences to the patient who has indicated understanding thereof, and has consented to its performance.

Physical Therapist Date Time

Patient was offered copy of consent and refuse Patient was given copy of consent

What to Expect after Functional Dry Needling® Treatments

How will I feel after a session of FDN?

- You may feel some soreness immediately after treatment in the area of the body you were treated. This does not always occur but should be expected and is considered normal. It can also take up to a few hours, or even until the next day, to feel an onset of soreness. The soreness may vary from person to person and based on the area of the body that was treated, but it typically feels like you had an intense workout at the gym. Soreness typically lasts 24-48 hours. Make sure to indicate to your provider at a follow-up appointment how long the soreness lasted.

- Bruising from the treatment is possible, somewhat uncommon, but is not of concern. Some areas are more likely to bruise than others including the shoulders, chest, face and portions of the extremities. Large bruising rarely occurs, but is possible. Use ice to help decrease the bruising, and if you feel concern please call your provider.
- It is common to feel tired/fatigued, energized, emotional, giggly or “out of it” after treatment. This is a normal response that can last up to an hour or two after treatment. If this lasts beyond a day, contact your provider as a precaution.
- There are times when treatment may actually exacerbate your symptoms. This is normal and may indicate that you need to follow up sooner with your practitioner to continue treatment. If this continues past the 24-48 hour window, keep note of it, as this can help your provider adjust your treatment plan if needed based on your report. This does not mean FDN cannot help your condition.

What should I do after my treatment and what is recommended?

We highly recommend increasing your water intake for the next 24 hours after treatment to help avoid or reduce soreness. We also recommend soaking in a hot bath or hot tub to help relieve post treatment soreness, and to soften the symptoms associated with the treatment you received. After dry needling treatment, you may do the following based on your comfort level. Please note that if a particular activity hurts or exacerbates your symptoms, then discontinuing the activity is probably best.

- Work out and/or stretch.
- Participate in normal physical activity.
- Massage the area.
- Use heat or ice as preferred for post treatment soreness.
- If you have prescription medications, continue to take them as prescribed.

What should I avoid after treatment?

- Unfamiliar physical activities or sports.
- Doing more than you normally do.
- Excessive alcohol intake.

If you are feeling light headed, or experience difficulty breathing, chest pain, or any other concerning symptoms after treatment, call us immediately. If you are unable to get ahold of us, please call your physician.