

## **TRIGGER POINT DRY NEEDLING CONSENT FORM**

Trigger point dry needling (also known as intramuscular manual therapy/IMT) is an invasive procedure using a solid filament needle to penetrate the skin in order to reach a myofascial trigger point within a muscle (Trigger points: taut bands within a muscle that may cause local and referred pain as well as limit movement).

**Dry needling IS NOT acupuncture.** It utilizes the anatomical landmarks of the body to locate and treat trigger points relieving a person's pain and improve overall function.

Physical therapists who utilize **dry needling as part of their physical therapy practice** have received extensive training for the appropriate technique and use of dry needling in conjunction with other manual therapy techniques. They are not licensed acupuncturists, but rather can perform dry needling after appropriate training because it is within the scope of physical therapy practice.

The **Virginia Board of Physical Therapy** has developed the following explanation to define the use of dry needling within the physical therapy scope of practice:

*"Dry needling is a technique used in physical therapy practice to treat trigger points in muscles.*

*You should understand that this dry needling 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."*

### **BENEFITS:**

- Decreased pain both locally and into referral sites
- Improved muscled function (able to contract and relax appropriately)
- Improved ability to move and function for daily activities
- Decreased muscular tension and improved myofascial flexibility

### **RISKS:**

- Muscle soreness or bruising at/near needling site; typically 1.5 hours to 2 days
- Pneumothorax if needling around/near chest wall; extra precautions always taken in these areas
- Minor bleeding from superficial vessels

By signing this document I, \_\_\_\_\_, consent to the use of trigger point dry needling (aka intramuscular manual therapy) as part of a comprehensive physical therapy treatment episode of care. I have been made aware of the risks and benefits associated with trigger point dry needling and agree to release SPARK Physiotherapy, LLC and associates from all damages that may result from the use of trigger point dry needling.

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Signature

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Date