

Myofascial Dry Needling Consent Form

Myofascial 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 trigger point within a muscle.

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.

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

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 myofascial dry needling (aka intramuscular manual therapy) as part of a comprehensive myotherapy treatment episode of care. I have been made aware of the risks and benefits associated with myofascial dry needling and agree to release Jnanam Jason Gan (the myotherapist) from all damages that may result from the use of myofascial dry needling.

Signature

Date