

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 **Level 1 (54 hours of training)** competency in Functional Dry Needling®. 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.

Payment and session expectations: Dry Needling is a procedure that is currently not covered by health insurance, therefore there is an out of pocket fee for each Dry Needling session. The first session is \$25.00 and if you wish to have subsequent sessions they will be \$40.00 each. You will be responsible for the Dry Needling out of pocket fee on the date of your Dry Needling session. Depending on the body region that is being treated please wear appropriate clothing such as shorts or a loose short sleeve shirt or tank top that will allow your therapist to reach the musculature in the affected area. Dry Needling sessions can be expected to run between 40 minutes to 1 hour.

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.

Procedure:

I, _____, authorize Jocelyn Day PT, DPT to perform Functional Dry

