

Informed Consent to Dry Needling Treatment

What is Dry Needling?

Dry Needling is an effective and safe treatment option which is used to assist in the management of a wide variety of acute and chronic musculoskeletal condition, whether caused by postural stresses, sports or work injury and referral pain (headache, sciatica). The primary aim of Dry Needling is to target tight and tender muscle fibres/“knots” within the muscle belly or at the muscle/tendon junction. These are referred as trigger points. It has been shown that needling the trigger points can reduce pain and improve muscle stretch.

Risks and adverse reactions to Dry Needling

The possible risks and adverse reactions to Dry Needling include: temporary post treatment pain, due to nerve irritation or mild bleeding, bruising and slight swelling from capillary bleeding, nausea and drowsiness.

Dry Needling around the neck, shoulder girdle or chest may result in collapsed lungs, however this complication is rare. If you experience sudden shortness of breath, pain in the tip of the shoulder, pain on breathing, dry or barking cough or upper back or chest pain you must attend the Emergency Department.

Other rare complications include infection, vasovagal attacks (fainting), haemorrhage or convulsions. If you experience any adverse reactions to Dry Needling treatment contact the clinic.

Anyone who is pregnant or had recent joint replacement surgery (in the last 3 months) is not suitable for Dry Needling.

Precautions when using Dry Needling

Whilst Dry Needling may still be appropriate, it is important to let your physiotherapist know if you have any history or past history of conditions including rheumatic fever, autoimmune conditions (psoriasis, rheumatoid arthritis), diabetes, cardiac issues including heart valve insufficiency, coronary artery stents, pacemaker or joint replacement.

Please note if you are a blood donor Dry Needling will temporarily disrupt your ability to donate.



A letter can be provided stating:

Our physiotherapists that perform Dry Needling are qualified to provide Dry Needling by successfully completing an APA accredited training program. Only single stainless steel disposable needles are used.

We are happy to answer any questions you have regarding Dry Needling or other alternative treatment options.

MSH:RM:CP 17/6/2016