

## Informed Consent for Myofascial Dry Needling - NSR Massage Therapy – Gawler



Client Name: Clare Rowe

Date of Birth: 30/11/1986

Contact Number: 0401587435

Emergency Contact Name & Phone: ~~0400~~ 0401424723  
Benjamin Anderson - Partner

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### What is Myofascial Dry Needling?

Dry needling is a technique used by qualified therapists to treat muscular pain and tightness by inserting fine, single use sterile needles into trigger points or tight muscle bands. It is not acupuncture, but a western-based technique used to relieve pain and restore function.

#### Potential Benefits:

- Reduction in pain and muscle tension
- Increased range of motion and mobility
- Improved muscle function and circulation

#### Possible Risks and Side Effects:

Dry needling has some risks and adverse effects that can occur with the treatment. In the hands of a skilled professional, these risks are small, but you should still be aware of them.

While safe, dry needling may occasionally cause:

- Mild soreness, aching or bruising
- Small bleeding at needle sites
- Temporary fatigue or dizziness
- Rare but possible complications include fainting or nerve irritation

You will always be monitored during treatment and you may stop at any time.

#### Communication and Feedback:

**Effective communication** is essential throughout a dry needling session to ensure safety, build trust, and achieve the best therapeutic outcomes. Practitioners should actively encourage and respond to client feedback before, during, and after treatment.

Clients should report if they feel:

- Sharp, burning, or unusual pain
- Dizziness, light-headedness, or nausea
- Emotional discomfort or anxiety

Practitioners should **adjust technique** based on client feedback—this may include modifying needle depth, location, or stopping the session.



## Post-treatment Care:

After dry needling treatment you may have some mild - moderate soreness, tightness or heaviness in the needled area, mild fatigue or a relaxed sensation.

- Apply a heat pack to the tender area.
- Rest the muscle/s, avoid strenuous activity. A light walk can be nice to increase circulation.
- Stay hydrated - drink a couple cups of water on top of your regular intake, aim for 2 litres of water per day.

If you get a bruise in the needled area:

- May feel mild tenderness for a few days.
- If you feel the need, ice it over the first 24 hours.
- Bruises usually fade within 1-2 weeks.

## Health History

Some medical conditions and/or medications may increase the adverse events associated with dry needling. Please answer yes/no to the following. If you answer yes, please provide additional information to your clinician.					
	Yes	No		Yes	No
Do you have a bleeding disorder, bruise easily, or are you taking blood thinners	X		Respiratory disease (COPD, emphysema or a heavy smoker)		X
Inflammatory conditions		X	Fever, influenza, blood borne disease or infectious disease		X
Taking immunosuppressive medication		X	Vascular disorders		X
Implanted devices / augmentations		X	Impaired sensation		X
Are you pregnant or trying to become pregnant		X	Cancer		X
Diabetes		X	Other (please specify)		
Please specify: <u>Bruise easily.</u>					

## Client Agreement and Consent:

Please read and check each box to indicate your understanding:

- ☒ I have discussed Myofascial Dry Needling with my therapist and understand what the treatment involves.
- ☒ I understand the potential benefits and possible risks or side effects. I agree that no guarantees have been made on the success of dry needling treatment related to my condition. I am aware that multiple dry needling sessions may be needed.
- ☒ I have disclosed all relevant medical history, including medications, allergies, and current health concerns. I will advise my clinician if my health history changes during the course of treatment.
- ☒ I understand I can decline or stop treatment at any time without pressure.
- ☒ I give permission for my therapist to proceed with dry needling treatment as part of my care plan. This consent will cover all dry needling treatments performed by this facility.
- ☒ I understand this is not a substitute for medical treatment, and any serious or ongoing symptoms should be referred to my GP or health provider.

Client Signature: [Signature]

Date: 22/05/25

Therapist Name (Print): Kylie Loffler

Therapist Signature: [Signature]

Date: 22/05/25