



What is Intramuscular Stimulation and Trigger Point Dry Needling?

Trigger Point Dry Needling and Intramuscular Stimulation (IMS) both involve inserting thin needles into tight, irritable muscles.

Trigger Point Dry Needling creates changes to muscles and connective tissue (fascia) near the needled areas. It also stimulates nerves to help release the body's own painkillers.

What should I expect from treatment?

The number and location of needles used will vary based on your condition and treatment goals. The needle is inserted into the muscle up to several centimetres deep. Sometimes the needled muscle will twitch.

Intramuscular stimulation and trigger point dry needling are rarely stand-alone treatments. Needling is used to address pain. When combined with other physiotherapy treatment methods, it also helps improve movement and function. Your physiotherapist will regularly check your progress to ensure needling is helping you.

Are there any complications associated with IMS and Trigger Point Dry Needling?

Yes. Any technique that punctures skin has a risk of complications. It is important you know the risks before treatment.

Common minor complications that usually resolve on their own include:

- Bleeding
- Bruising
- Pain during treatment
- Pain following treatment

Less common complications that range from mild to significant include:

- Aggravation of symptoms
- Drowsiness
- Fatigue
- Feeling faint
- Nausea
- Headache
- Release of emotions
- Feeling shaky
- Numbness
- Nerve irritation

A stuck or bent needle is an uncommon but significant complication that may require medical attention.

Serious complications are very rare and usually require intervention from other health-care providers include:

- Breakage of needle in the body
- Infection
- Puncture of vital tissue (e.g., a puncture of lung tissue causing it to collapse which is called a pneumothorax).

Can the risks of complications be reduced?

To reduce the impact of complications:

- Eat before your appointment
- Show up well rested to your appointment
- Tell your physiotherapist if you have any concerns, including past experiences where you have fainted from receiving a needle
- Let your physiotherapist know if you experience pain, dizziness, nausea, shortness of breath or if you are feeling unwell
- Follow your physiotherapist's advice about positioning and movement during and after treatment
- Inform your physiotherapist of any changes to medications such as blood thinners or pain relievers

Communicate with your physiotherapist throughout treatment. Discuss your treatment and ensure your questions are answered. You can request your physiotherapist stop needling treatment at any time.

Would a different treatment work?

Needling is one of the many techniques your physiotherapist may use. Discuss the benefits and risks of needling and other available treatments with your physiotherapist. For some, such as those with needle fear or a history of fainting, an alternative treatment might be a better option.

Do all physiotherapists perform Intramuscular Stimulation or Trigger Point Dry needling?

No. Physiotherapists who perform dry needling have completed training in addition to their university education. They have also received approval to perform needling from their regulatory body (Physiotherapy Alberta - College + Association) and must adhere to safe practice standards.

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 2 (54 hours of training)** competency in Functional Dry Needling® and is now considered a certified Functional Dry Needling® Practitioner. All training was in accordance with requirements dictated by this facility and by the Canadian province 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.

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 **Morgan Anderson** to perform Functional Dry Needling®.
(print name)

Please answer the following questions:

Are you pregnant? Yes / No **Do you have active cancer?** Yes / No **Are you taking blood thinners?** Yes / No

List any medical conditions _____

DO NOT SIGN UNLESS YOU HAVE READ AND THOROUGHLY UNDERSTAND THIS FORM.

You have the right to withdraw consent for this procedure at any time before it is performed.

Patient or Authorized Representative

Date

Physical Therapist Affirmation: I have explained the procedure indicated above and its attendant risks and consequences to the patient who has indicated understanding thereof, and has consented to its performance.

Physical Therapist

Date