



Dry Needling, GunnIMS (Intramuscular Stimulation) & Acupuncture

Information and consent

What to expect following any treatment using acupuncture needles:

Dry needling and/or GunnIMS is helpful for reducing shortened bands of muscle and for restoring normal tone to muscles thus improving mobility of your joints. Acupuncture is used to help with certain pain syndromes. All three treatments use a fine acupuncture needle that is inserted either into the trigger point of a muscle to facilitate its release or into a specific acupuncture point. You may experience a muscle twitch and/or deep muscular ache when the needle is inserted into the muscle; this is a normal response to this technique.

Dry needling, GunnIMS and Acupuncture are valuable treatments for musculoskeletal problems but like any medical procedure, there are possible complications. While these complications are rare in occurrence, they need to be considered prior to giving consent to the procedure.

- Dry needling and/or GunnIMS may cause post treatment soreness lasting one to two days, followed by an improvement in the overall pain state. If you experience significant post-treatment soreness, topical application of heat is recommended and gentle range of motion of the sore area.
- A needle may be placed inadvertently in a capillary or a vein, which will subsequently cause a small painless bruise. Your therapist will notify you should this occur during your treatment.
- Any time a needle is used there is a risk of infection. To reduce this risk we clean the area with stanhexadine and use a sterile disposable acupuncture needles. Please contact your physiotherapist if anything that may seem like an infection occurs.
- When a needle is inserted near the chest wall there is a rare possibility of it creating a pneumothorax (air in the chest cavity). Fortunately this complication is not fatal and is readily reversible. We reduce the risk by only inserting the needle over bony points and/or lifting the muscle away from the chest surface and inserting the needle parallel to the chest.

Patients are required to inform their physiotherapist if they are pregnant, use blood thinners, have been exposed to blood diseases such as Hepatitis or HIV, or have any conditions that increase bleeding prior to treatment. In addition, all surgeries should be reported.

- I have read the above and agree that I understand the risks involved with dry needling therapy.
- I consent to examination/treatment at Diane lee and Associates.

Signed _____ Print Name _____ Date _____

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