

# Physiotherapy Needling Scraping Cupping Informed Consent

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*With any service offered, you maintain the right to decline a treatment or intervention.*

## **Physiotherapy**

Potential risks of Physiotherapy include exacerbation or lack of progress in the following areas: symptoms (pain, numbness/tingling), swelling, range of motion, strength, and/or function. Benefits include improvements in these areas. Other specific risks and benefits may vary by condition and you will be provided information and every opportunity to ask questions.

## **Dry Needling (DN)**

DN is a technique that involves the insertion of acupuncture needles (without medication) as a means to promote healing within the body. DN works by changing the way your body senses pain (neurological effects), and by helping the body heal itself. There are additional electrical and chemical changes associated with DN therapy which assist in the healing process. It is important to see DN may act as just one part of your overall rehabilitative treatment. Treatment techniques are based on concepts of modern medicine and is not to be considered acupuncture. Risk of injury and/or potential complications could result from DN if proper precautions are not observed. If you are being treated in the shoulder, neck, back, or chest area there is an additional risk that involves your lungs. If the lung itself is punctured, you may develop a pneumothorax (air in the space around the lung). This is a rare, but serious problem and you should go immediately to a hospital ER department without panic if it occurs. Symptoms include shortness of breath which gets worse, sudden sharp pain with each respiration, a bluish tinge to your lips, and an inability to "catch your breath." ***In general, there is very little risk associated with DN if performed properly.***

You may feel sore immediately after treatment in the area of the body you were treated, this is normal but does not always occur. It can also take a few hours to up to a day before you notice soreness. The soreness may vary depending on the area of the body that was treated as well as varies person to person, but typically it feels like you had an intense work out at the gym. Soreness typically lasts 24-48 hours. If soreness continues beyond this please contact your provider.

It is common to have bruising after treatment; some areas are more likely than others. Some common areas are shoulders, base of neck, arms and legs. Large bruising rarely occurs, but should be expected. Use ice to help decrease the bruising and if you feel concern please call your provider.

It is also common to feel tired, nauseous, emotional, giggly or “loopy,” and/or somewhat “out of it” after treatment. This is a normal response that can last up to an hour or two after treatment. If this lasts beyond a day, contact your provider as a precaution.

There are times when treatment may actually make your typical symptoms worse. This is normal. If this continues past the 24-48 hour window, keep note of it, as this is helpful information and your provider will then adjust your treatment plan accordingly if needed. This does not mean DN cannot help your condition.

Other complications could result from DN: bleeding, infection, and/or nerve injury. During a DN treatment you may experience temporary: pain, sweating, nausea, anxiety, dizziness, pain referral or muscle twitch. After DN you may experience temporary tightness, paresthesia, and/or joint stiffness.

### **Cupping**

One of many bruising therapies, cupping utilizes negative pressure to stretch superficial structures in the body to include skin, fascia, muscle, and other soft tissue. This therapy helps to restore circulation and refilter stagnant blood (toxins) trapped in overactive (tight) muscle by increasing microcirculation of the soft tissue structures to enhance the healing process.

Cupping will cause temporary discoloration (bruising) of the skin. Unexpected severe complications could result in blistering of the skin and/or bleeding.

### **Gua Sha (Muscle Scraping)**

Another bruising therapy, scraping helps to heal and release long term muscle tension. A therapeutic effect is encouraged with the signaling of blood and local inflammation with each scrape. Dark red and purple discoloration is the goal as soft tissue holds more tension it will bruise darker. This usually resolves in a few days to a week. Very Rarely will the skin break or open during scraping and protective measures will be taken in office, but the patient is responsible for maintenance of wound outside of office.

***Please answer each question***

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| Have you ever fainted or experienced a seizure?                        | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have a pacemaker or any other electrical implants?              | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Are you currently taking anticoagulants (ex. Aspirin, blood thinners)? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Are you currently taking antibiotics for infection?                    | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have a damaged heart valve, metal, or other risk of infection?  | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Are you pregnant?  | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you suffer from metal allergies?                                    | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Are you diabetic or do you suffer from impaired wound healing?         | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have Hepatitis B, C, HIV, or any other infectious disease?      | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

***Please print your name***

I, \_\_\_\_\_, have read the above; I understand the risks involved with physiotherapy, dry needling, scraping, and cupping. I have had the opportunity to ask any questions I had and all of my questions have been answered.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*For Office Use Only*

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

Provider's Signature: \_\_\_\_\_

Date: \_\_\_\_\_