

## INTRA-MUSCULAR STIMULATION/ DRY NEEDLING CONSENT FORM

IMS/ Dry Needling is a form of therapy in which fine needles are inserted into specific points on the body.

We at Lantzville Wellness Centre will always ensure use of single use, sterile, disposable needles only. There are no drugs injected.

**Possible Side Effects/ Risks (Acupuncture/ IMS is generally safe, serious side effects are rare):**

- If an artery/ vein is punctured a bruise may develop
- If a nerve is irritated, a sensation of tingling (paraesthesia) may persist for 1-2 days
- Existing symptoms can get worse temporarily after treatment (mild heat may help to relieve post treatment soreness)
- Fainting can occur in certain patients, particularly at the first treatment
- Pneumothorax: when a needle is placed close to the chest wall, shoulder, and lower neck areas, there is a possibility of lung puncture producing a pneumothorax (air in the chest cavity). If shortness of breath on activity is experienced after treatment, you must seek medical attention.

**\*\*\* IF ANY OF THESE SIDE EFFECTS SHOULD OCCUR, YOU SHOULD MENTION THIS TO THE PHYSIOTHERAPIST \*\*\***

**INFORMING YOUR PHYSIOTHERAPIST PRIOR TO IMS:**

- If you've ever experienced a seizure or fainted
- If you have a pacemaker or any other electrical implants
- If you have a bleeding disorder
- If you are taking anti-coagulants (blood thinners) or any other medications
- If you have damaged heart valves or have any other particular risk of infection
- If you are pregnant
- If you have joint/ metal implants
- If you have had a mastectomy

You will be provided with a gown but if you wish you may bring your own shorts depending on the area of examination and treatment- please consult with your therapist.

By signing this document, you agree that you understand the possible complications and risks and have been given the opportunity to ask your practitioner questions.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Name (Please Print): \_\_\_\_\_