



# Functional Dry Needling and Cupping Consent Form

## **Functional Dry Needling:**

is a very successful medical treatment which uses very thin needles without any medication (a dry needle) to achieve its aim. We use dry needling with the goal of relieving pain or improving range of motion, treating joint injuries and dysfunction, maintaining joint stability and efficiency. FDN works by changing your body senses pain and by helping the body heal itself. It is just one part of your overall rehabilitative treatment. Treatment techniques are based on concepts of modern medicine and should not be considered acupuncture.

You will feel a small pinprick and you may also feel a muscle ache or a muscle twitch. You may experience an increase in pain within 1-3 days after treatment. These are all *normal and good* sensations, and mean that you will experience good relief from your symptoms. In general, there is very little risk associated with this technique if performed properly. You may experience a little bruising around the needle site, much the same as you would with any injection. This should clear in a couple days. Any time a needle is used there is a risk of infection. However, we use only new, disposable, sterile and safe needles, and infections are extremely rare.

*Please consult with your practitioner if you have any questions regarding the treatment above.*

I have read the above; I understand the risks involved with Functional Dry Needling. I have had the opportunity to ask any questions I had and all of my questions have been answered to my satisfaction. I do hereby consent to treatment at Arlington Physical Therapy, for the performance of functional dry needling. I hereby indemnify the clinician and or practice against any liability arising from unforeseen consequences.

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

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

Print Name: \_\_\_\_\_

## **Cupping:**

is a technique that utilizes negative pressure to stretch superficial structures in the human body including skin, fascia and muscle tissue. The purpose of this technique is to increase microcirculation of the aforementioned soft tissue structures to enhance the healing process in the human body. Cupping will cause bruising and temporary marks on the skin. More severe complications could result in blistering of the skin.

*Please consult with your practitioner if you have any questions regarding the treatment above.*

I have read the above; I understand the risks involved with Cupping. I have had the opportunity to ask any questions I had and all of my questions have been answered to my satisfaction. I do hereby consent to treatment at Arlington Physical Therapy, for the performance of cupping. I hereby indemnify the clinician and or practice against any liability arising from unforeseen consequences.

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

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

Print Name: \_\_\_\_\_



