

# East View Athletic Training Dry Needling Waiver Student Athlete

The following is a list of conditions that are the most common contraindications to Dry Needling therapy.

Please check any of the following conditions you have or have previously had

- Spontaneous bleeding or bruising
- Irregular heart beat
- Tendency to bleed (taking anticoagulant therapy)
- Compromised immune system
- Previous adverse reaction to acupuncture or dry needling therapy
- Seizure induced by previous medical procedure
- Unstable diabetes
- Unstable angina
- Congenital or acquired heart valve disease
- Recent cardiac surgery or congestive cardiac failure
- Recent radiotherapy
- Varicose veins
- Malignancy
- Hematoma
- Pregnancy
- Eczema or psoriasis
- Peripheral neuropathy
- Recurrent infections
- Epilepsy--stable or unstable or schizophrenia
- Chronic edema or lymphedema
- Depression
- Chronic fatigue
- Acute cardiac arrhythmias
- Open skin wounds or injuries
- Allergy to Nickel or Chromium
- Human Immunodeficiency Virus (HIV)
- Hepatitis B or C

Please contact us if you have had cosmetic or surgical implants inserted into your body including but not exclusive to breast, buttock or pectoral implants. We strongly advise that you consult your medical doctor if you have any of these conditions to confirm that it is safe for you to proceed with this therapy. If you are in any doubt please do not hesitate to contact us.

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My signature below also signifies that I understand that I am willing to allow my child to participate in this method of therapy and will allow needles to be inserted into my body for therapeutic purposes. By agreeing to this, I also release East View Athletic Training Staff and GISD liability of injury/illness.

I attest I have been contacted by the Staff Athletic Trainer and this procedure has been explained to me, the guardian of an EVHS athlete.

\_\_\_\_\_  
Guardian Printed Name

\_\_\_\_\_  
Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Athlete Signature

\*\*\*Female guardian parents and athlete must sign below to affirm they are not pregnant.

\_\_\_\_\_  
Guardian Signature

\_\_\_\_\_  
Student Athlete Signature

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I, Melissa Harrington, Staff Athletic Trainer, feel performing Dry

Needling Techniques on \_\_\_\_\_ as related to his/her

\_\_\_\_\_ injury/condition could be beneficial.

The possible risks and adverse reactions to dry needling therapy include but are not limited to temporary pain, bleeding, bruising, infection, dizziness, nerve injury, pneumothorax, pregnancy termination, changes to blood pressure, rash, fainting, muscle soreness & fatigue.

Serious Adverse Events (AE's) Pneumothorax, Cardiac Tamponade & damage to organs (0.04%). Mild or moderate AEs included bruising (7.55%), bleeding (4.65%), pain during treatment (3.01%), and pain after treatment (2.19%). Uncommon AEs include aggravation of symptoms (0.88%), drowsiness (0.26%), headache (0.14%), and nausea (0.13%). Rare AEs fatigue (0.04%), altered emotions (0.04%), shaking, itching, claustrophobia, and numbness, all 0.01%. Brady, S et al. Journal of Manual and Manipulative Therapy 2013 VOL. 000 NO. 000 (2013)

My signature below affirms the following statements. There is some risk involved in any procedure that involves inserting needles of any kind into the body.

It is possible to puncture organs (for example, lungs) or blood vessels. The most serious risk, although it is extremely rare, is pneumothorax secondary to lung puncture. I understand hematomas can develop secondary to needle insertion. The possibility of accidentally inserting needle into a nerve also exists. I am also aware that vasovagal reactions sometimes occur, resulting in fainting. Infections, though rare, have been reported. I understand that relatively benign and rarely more serious adverse events may occur. I also understand the risk of serious harm is highly unlikely.

I also understand that needles may be placed in referred sensation/pain areas other than the injury site to help achieve the best results possible.

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