



Physiotherapy & Remedial massage therapy informed consent

It is part of our duty that all physiotherapists and other allied health practitioners inform you of any possible risks associated with professional treatment techniques utilised during a hands-on treatment session.

Some therapy techniques such as therapeutic massage, joint manipulations, traction/distraction or mobilisations have a minute risk of causing injury. Injury may be caused to structures including, but not limited to; nerves, bones, muscles, ligaments, intervertebral discs or arteries. The use of tape or massage mediums may cause irritations or allergic reactions on the skin of some individuals. Where possible, hypo- allergenic tapes and massage mediums will be used to further reduce the risk of this occurring. Superficial Dry Needling and the use of acupuncture needles, along with the aforementioned techniques can occasionally cause localised swelling, bruising, or transitory increased in the levels or distribution of pain or other symptoms.

I have read this form, understand the information it contains, and give CONSENT to receive treatment.

Name _____

Signed _____ Date ____ / ____ / ____

Superficial Dry Needling (SDN)

SDN is a treatment method where individual, sterilised, non-reusable needles are inserted into specific points to reduce pain and or tension in muscular and fascial tissue. Depending on where the needles are inserted, this method can assist in whole-body pain reduction, a reduction in local inflammation, increasing immune response, and relaxing muscular spasm.

Risks and side-effects of SDN

While most side-effects of SDN are minor and extremely unlikely, they do exist and are summarised here. Vasovagal attacks – fainting, infection, damage to viscera – lungs and other tissues, haemorrhage or superficial bleeding, post-treatment drowsiness, localised swelling/burning/aching pain, convulsions.

All our Physiotherapists hold post graduate training in the safe and effective treatment and application of SDN and would not recommend superficial Dry Needling unless in their professional opinion it would provide an overall benefit to a patient. The benefits and risks of SDN can be discussed further during your treatment session.

In order to make efficient use of your treatment time with your physiotherapist, please read and sign the below Consent to receive Superficial Dry Needling (SDN), unless you object to receiving SDN as a form of treatment.

This does not mean that you will receive SDN. It will, however, provide you the option to receive SDN as a form of treatment should your Physiotherapist and you both agree that this form of treatment is suitable for your specific condition.

I _____ (full name)

CONSENT to undergoing Superficial Dry Needling (SDN) treatment at the discretion of the qualified and treating practitioner. I have read and understand the above information and have filled out the relevant health information section to the best of my knowledge.

You may choose to consent or refuse any form of treatment including SDN for any reason including religious or personal reasons. Once you have given consent, you may withdraw that consent at any time.

CITY PHYSIOTHERAPY AND SPORTS INJURY CLINIC

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