SECTION: PHYSICAL THERAPY PROCEDURES

SUBJECT: INTEGRATIVE DRY NEEDLING

NUMBER:

PROCEDURE:

A solid monofilament needle is inserted through the skin and into symptomatic soft tissue. The proposed mechanism of action for Dry Needling is it creates a micro lesion within the symptomatic tissue releasing the tension in the shortened tissues, and promotes an increase in the circulation to the symptomatic tissue. This mechanical and neuromuscular effect provides an environment that enhances the body’s ability to heal which ultimately reduces pain.

Documentation will include a daily SOAP note and a body diagram indicating the needle placement.

Only sterile disposable needles are used and are disposed of in the red sharps containers. Sharps will be disposed of accordance with state guidelines. The practitioner is required to wash their hands thoroughly with soap and water before and after performing dry needling. The facility follows the OSHA Blood Borne Pathogens standard116 (osha.gov).

POLICY:

To perform Dry Needling all physical therapists must attend a hands-on continuing education seminar. This course must consist of a minimum of \_\_\_\_ hours to be considered competent in this field of practice. The patient or parent/guardian, prior to performing dry needling, must sign the informed consent form.