

**Acupuncture Information and Consent Form**

**Introduction**

Acupuncture is a treatment developed in China which has been used for over 2000 years. It involves inserting fine sterile, single-use needles into specific parts of the body. Whilst it can be used to treat a variety of conditions, it is primarily used by Physiotherapists in the treatment of pain. Acupuncture is understood to reduce pain by stimulating the body to produce its own pain relieving chemicals, endorphins.

It is a very safe technique and Physiotherapists in the UK are required to undergo rigorous training before they can use it. Physiotherapists at Omnia Physio are members of the Acupuncture Association of Chartered Physiotherapists, a professional organisation requiring its members to demonstrate their competence every 2 years.

**Side Effects**

* Temporary increase in pain
* Drowsiness (light-headedness or fatigue after treatment)
* Fainting
* Changes in Blood Sugar Levels
* Mild bruising
* Infection

**Please tick if you answer YES to any of the following and inform your Physiotherapist as Acupuncture may not be suitable for you:**

* You have a history of fits or fainting
* You have a metal allergy or are needle phobic
* You have an infectious disease
* You take blood thinning medication or have a clotting disorder
* You have a pacemaker or other electrical implant
* You are or may be pregnant
* You suffer from diabetes
* You have high or low blood pressure

**Please sign to confirm that:**

You have read and understood this information

You will ensure you have eaten no more than 2 hours before receiving acupuncture treatment

Signature ………………………………. Name ……...………………………..

Date ……………………………….

\*Please bring this complete form with you on your first session of Acupuncture\*