



## **Trigger Point Dry Needling (TDN) aka Intramuscular Manual Therapy Consent Form**

Trigger Point Dry Needling involves placing a small needle into the muscle at the trigger point. A trigger point is a hyperirritable spot located within a muscle, typically within a tight, dysfunctional muscle. The intent of TDN is to cause the muscle to contract and then release, improving the flexibility of the muscle and therefore decreasing the symptoms.

TDN is a valuable treatment for musculoskeletal related pain such as soft tissue and joint pain, as well as to increase muscle performance. Like any treatment there are possible complications that are rare in occurrence.

### **Risks of the Procedure**

Though unlikely there are risks associated with this treatment. The most serious risk associated with TDN is accidental puncture of a lung (pneumothorax). If this were to occur, it may likely only require a chest x-ray and no further treatment as it can resolve on its own. The symptoms of pain and shortness of breath may last for several days to weeks. A more severe lung puncture can require hospitalization and re-inflation of the lung. This is a rare complication and in skilled hands should not be a concern. If you feel any related symptoms, immediately contact us. If a pneumo is suspected you should seek medical attention from your physician or if necessary go to the emergency room.

Other risks may include bruising, infection, vasovagal reaction (feeling faint), and nerve injury. Please notify your provider if you have any conditions that can be transferred by blood, require blood anticoagulants or any other conditions that may have an adverse effect to needle punctures. Bruising is a common occurrence and should not be a concern unless you are taking a blood thinner. As the needles are very small, the likelihood of any significant tissue trauma from TDN is unlikely.

### **Costs of the Procedure**

Insurance companies do cover the cost of the adjustment and rehabilitation during the treatment. However, they do not cover the materials used during the procedure. For this reason, treatments that include dry needling will be an extra \$20 on top of the copay or deductible. For patients not using insurance, it is an extra \$20 to the office visit. Please keep in mind that TDN usually cuts the recovery time down by half, when compared to other treatments.

☐ I understand that the following are contraindications for the procedure: bleeding disorders, 1<sup>st</sup> semester pregnancy, anti-coagulants, immune suppressed patients, local infection, directly over a joint replacement, less than 12 weeks post surgical to the area of the body that had surgery, and less than 6 weeks post surgical to a different area of the body than what you had surgery on.

☐ I have read or have had this read to me. I understand the risks involved with dry needling and have had the opportunity to ask any questions and have them answered. I consent to examination and treatment at Denver Sports and Family Chiropractic Center.

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Printed Name

\_\_\_\_\_  
Signature

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Date