



**CONSENT & RELEASE FOR TRIGGER POINT DRY
NEEDLING (TDN) PROCEDURE:**

Trigger point dry needling (TDN) involves placing a small acupuncture needle into a muscle or muscles in order to release shortened bands of muscle and decrease trigger point activity. This can help resolve pain and muscle tension, and promote healing. We have helped many patients with this technique. This is not traditional Chinese Acupuncture, but instead a medical treatment that relies on a medical diagnosis to be effective. Two physical therapists (Charlie Merrill, PT and Mike Kohm PT) at Alta that have met the requirements for Level I and Level II competency in trigger point dry needling training involving 46 hours of face to face instruction. All training was in accordance with requirements dictated by the Department of Regulatory Agencies (DORA) in Colorado, for your safety.

This form is a consent form and general release of medical liability for this procedure. By signing this form, you are agreeing not to hold Alta Physical Therapy, P.C. or its staff liable for any complications that may arise from the usual application of this procedure.

TDN is a valuable treatment for musculoskeletal pain. Like any treatment, there are possible complications. While complications are rare in occurrence, they are real and must be considered prior to giving consent for treatment.

RISKS OF PROCEDURE:

The most serious risk associated with TDN is accidental puncture of a lung (pneumothorax). If this were to occur, it may likely require a chest x-ray and no further treatment. The symptoms of shortness of breath may last for several days to weeks. A more severe puncture can require hospitalization and re-inflation of the lung. This is a rare complication, and in skilled hands it should not be a concern.

Other risks include injury to a blood vessel causing a bruise, infection, and/or nerve injury. The needles are sterile and clean precautions will be used to minimize the chance of infection. Bruising is a common occurrence and should not be a concern unless you are taking a blood thinner. Additional possible complications include increased pain or aggravation of symptoms. As the needles are very small and do not have a cutting edge, the likelihood of any significant trauma from TDN is unlikely.

Prior to performing TDN you will be “verbally consented.” This means you will be asked if you want to proceed. If you state “yes” you will not be asked to sign another consent and release form. This form will be kept on file. Please consult with your practitioner if you have any questions regarding the treatment above.

Print Your Name: _____

Signature: _____

Date: _____

Patient was offered a copy of the consent form and declined.

Copy given