

Trigger Point Dry Needling Patient Consent and Info

Trigger Point Dry Needling (TDN) involves placing a small, sterile needle into the muscle at the trigger point in order to cause the muscle to contract and then release, improving the flexibility of the muscle and therefore decreasing the symptoms. While it utilizes small needles, TDN is not acupuncture. One or more needles may be used during the treatment, and it may require more than one office visit.

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

Risks of the Procedure

- TDN involves the use of needles, which may cause discomfort and bruising. Further, TDN may not be appropriate for those with a fear of needles. If you have a fear of needles, please let us know.
- Any time a needle is used, there is a risk of infection. We attempt to mitigate this risk by using disposable, sterile needles.
- Because some bleeding could occur, please let us know if you have a genetic bleeding disorder or are regularly taking any blood-thinning medication (eg: Coumadin or Warfarin) or pain relievers containing ibuprofen, NSAIDS, aspirin or acetaminophen (eg: Advil, Aleve, or Tylenol). Also, please let us know if you have any medical condition that can be transmitted via blood or other bodily fluids.
- The most serious risk 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. You may experience symptoms such as shortness of breath that may last for several days to weeks. A more severe puncture can require hospitalization and re-inflation of the lung. Other risks include injury to a blood vessel causing a bruise, infection, nerve injury (resulting in numbness, pain or tingling). Bruising is a common occurrence and should not be a concern.

Please answer the following questions:

- ☐ I have a fear of needles
- ☐ I have a condition or history of a condition that can be transmitted to another person via blood or other bodily fluids.
Please specify condition: _____
- ☐ I am currently taking blood thinners

Payment is expected at time of service

Pricing for Trigger Point Dry Needling is as follows:

- Initial Visit – \$25.00
- Follow-Up Visits – \$20.00 (first 15 minutes)
- \$15.00 (each add'l 15 minutes)

I have read this patient Information and Consent carefully. I understand this procedure is not acupuncture and I have had an opportunity to ask questions and obtain desired clarification. I consent to having the Procedure of TDN performed on me.

Patient/Guardian Signature: _____ Date: _____

Patient Name (printed) _____