

Elon Physical Therapy, LLC

Trigger Point Dry Needling Consent Form

Trigger Point Dry Needling is a valuable treatment for muscle conditions that can decrease pain, stiffness, and improve muscle performance. A fine, flexible and sterile filament/needle is used to release shortened bands of muscle tissue, known as trigger points. This is NOT acupuncture.

Like any treatment, there are possible complications. While these complications are rare in occurrence, it is recommended that you read through the possible risks prior to giving consent to treatment.

Risks of the procedure

Trigger Point Dry Needling can cause a temporary increase in pain for a few days followed by an expected improvement in the overall pain condition.

Any time a needle is used for a procedure; there is a risk for infection. However, sterile needles and clean technique are used and infections are extremely rare.

A needle may inadvertently be placed in an artery, vein, or nerve. If an artery or vein is punctured, a hematoma or bruise may form. If a nerve is touched it may cause pain or numbness and tingling that is brief, but may last a few days.

The most serious risk associated with trigger point dry needling is accidental puncture of a lung (pneumothorax), the symptoms of which are pain and shortness of breath that can last for several days to weeks. If this were to occur, it would require immediate referral to your physician or an emergency department, and probably need to be diagnosed by x-ray. In some cases, no further treatment is required. In others, hospitalization and further treatment could be needed. This is an extremely rare complication that is unlikely to occur.

Please advise your provider if you are currently, or have taken in the past 48 hours, the following medications:

Coumadin	Lovenox	Plavix	Aspirin	Heparin	Clopidogrel
Arixtra	Aggrenox	Pradaxa	Xarelto	Other blood thinner	Other anti-inflammatory

Do you have any health conditions that can be transferred by blood/bodily fluids or any other conditions that may be adversely affected by needle puncture? YES NO

If you marked Yes, please discuss with your therapist.

Please consult with your therapist if you have any questions regarding any of the information above.

I have read and understand the information presented above and understand the risks involved. My questions have been answered. I give consent to trigger point dry needling as a treatment in my care. I understand I can withdraw this consent at any time.

Name_____Sign_____Date_____