



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

Myofascial trigger points and tender points which appear in soft tissue, and are painful sites, reflect abnormal nervous system activity associated with many neuromusculoskeletal conditions that are treated in our office. The procedure known as IMT/TDN is an important tool for diagnosing, treating and monitoring changes in myofascial trigger/tender points. IMT/TDN involves placing a small needle(s) into the muscle at the trigger point, which is typically in an area where the muscle is tight and may be tender, with the intent of causing the muscle to contract and then release, improving the flexibility of the muscle and therefore decreasing the symptoms.

One or a number of needles may be used, and the procedure may be performed during more than one office visit. The number of needles, and the frequency of the procedure will depend entirely on your condition at each office visit. The practitioner will not stimulate any distal or auricular points during the dry needling treatment.

IMT/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. While these complications are rare in occurrence, it is recommended you read through the possible risks prior to giving consent to treatment.

Though unlikely, there are risks associated with this treatment. There is often little to no pain with this procedure, but there may be discomfort, and post-treatment soreness is common. There is little to no bleeding with this procedure. 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 your IMT/TDN provider. If a pneumothorax is suspected you should seek medical attention from your primary care physician, or if necessary go to the emergency room.

Other risks may include bruising, infection, and nerve injury. While an infection is an unlikely event with this procedure, whenever there is penetration of the skin, there is the risk of infection. Please notify your provider if you have any conditions that can be transferred by blood, require blood anticoagulants, are taking any pain relievers, 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 and do not have a cutting edge, the likelihood of any significant tissue trauma from IMT/TDN is unlikely.

I have a genetic bleeding disorder.

Please specify: \_\_\_\_\_

I have a history of a blood disorder that can be transmitted to another person.

Please specify: \_\_\_\_\_

I am regularly taking blood-thinning (anti-coagulation) medication.

Please specify: \_\_\_\_\_

I am regularly taking pain relievers.

Please specify: \_\_\_\_\_

I have a fear of needles

I hereby consent to dry needling at Performance Health Spine & Sport Therapy.

---

Print Patient's name

Patient's (or Guardian's) Signature

Date

---

### **What is Trigger Point Dry Needling?**

Dry Needling is a general term for a therapeutic treatment procedure that involves multiple advances of a filament needle into the muscle in the area of the body, which produces pain and typically contains a 'Trigger Point.' There is no injectable solution and typically the needle that is used is very thin. Most patients will not even feel the needle penetrate the skin, but once it has and is advanced into the muscle, the feeling of discomfort can vary drastically from patient to patient.

Usually a healthy muscle feels very little discomfort with insertion of the needle; however, if the muscle is sensitive and shortened or has active trigger points within it, the subject may feel a sensation much like a muscle cramp -- which is often referred to as a 'twitch response.' The twitch response also has a biochemical characteristic to it, which likely affects the reaction of the muscle, symptoms, and response of the tissue.

Along with the health of the tissue, the expertise of the practitioner can also attribute to the variation of outcome and/or discomfort. The patient may only feel the cramping sensation locally or they may feel a referral of pain or similar symptoms for which they are seeking treatment. A reproduction of their pain can be a helpful diagnostic indicator of the cause of the patient's symptoms. Patients soon learn to recognize and even welcome this sensation as it results in deactivating the trigger point, thereby reducing pain and restoring normal length and function of the involved muscle.

Typically positive results are apparent within 2-4 treatment sessions but can vary depending on the cause and duration of the symptoms, overall health of the patient, and experience level of the practitioner.

Dry needling is an effective treatment for acute and chronic pain, rehabilitation from injury, and even pain and injury prevention, with very few side effects. This technique is unequalled in finding and eliminating neuromuscular dysfunction that leads to pain and functional deficits.

© 2014 Kinetacore