

**PACE WEST PHYSICAL THERAPY**  
**CONSENT AND RELEASE FOR TRIGGER POINT DRY NEEDLING PROCEDURE (TDN)**

This form is a consent form and general release of medical liability for the TDN procedure. By signing this form, you are agreeing not to hold Pace West Physical Therapy or its staff liable for any complications that may arise from the usual application of this procedure. Prior to receiving 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 this form again. This form will be kept on file. You may request a copy of this consent form for your records.

**DESCRIPTION OF PROCEDURE:** During treatment for many of our patients, we commonly use a technique referred to as **Trigger Point Dry Needling (TDN)**. In many cases, TDN can be helpful in resolving sub-acute and chronic pain. TDN may be very effective for your medical condition.

TDN involves placing a tiny acupuncture needle into the muscle in order to release shortened bands of muscle and decrease trigger point activity. This can help resolve pain, release muscle tension, and promote healing. This is **not** traditional Chinese Acupuncture, but instead a medical treatment that relies on a medical diagnosis to be effective. All Physical Therapists at Pace West Physical Therapy have met the requirements for Level I and Level II TDN training and have years of experience in performing the procedure.

**RISKS OF PROCEDURE:** While complications from receiving TDN are rare in occurrence, they are real and must be considered prior to giving consent for treatment. 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 major concern. Other risks include injury to a blood vessel causing a bruise, infection and or nerve injury. Bruising is a common occurrence and should not be a concern unless you are taking a blood thinner. *Additional possible complications include possible increased pain or other symptoms.* As the needles are very small and do not have a cutting edge, the likelihood of any significant trauma from TDN is minimal.

**CHARGES FOR TRIGGER POINT DRY NEEDLING:** TDN is a procedure which requires additional equipment, expertise, and liability, and in most cases is NOT covered by health insurance. The fee for the procedure is **\$25.00 per session** or **five pre-paid sessions for \$100.00**. This fee is in addition to your per visit copayment, coinsurance or deductible. There is no additional charge for TDN if you are not using health insurance coverage, and are paying out of pocket. If your care is covered by an auto accident or liability claim, TDN will be billed to your liability insurance carrier.

Name of Patient: \_\_\_\_\_

Signature of Patient or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Therapist's Signature: \_\_\_\_\_ Date: \_\_\_\_\_