

Patient Consent & Release – Trigger point dry needling and/or Acupuncture

Please note your health care practitioner may be certified in Trigger point Dry needling, acupuncture, or both techniques.

Trigger Point Dry Needling (TDN)

Trigger Point Dry Needling (TDN) involves placing a needle into the muscle at the trigger point which is typically in an area where the muscle is tight and tender. The intent of TDN is to elicit a local twitch response to normalize muscle tone, therefore improving the mobility of the muscle and decreasing the symptoms.

TDN as used in physical therapy is not acupuncture and should not be confused with a complete acupuncture treatment performed by an individual licensed to perform acupuncture. Patients interested in acupuncture should consult with a professional licensed to perform acupuncture.

Acupuncture

Anatomic Acupuncture involves placing needles into specific acupuncture points around the body. The needle placement at the acupuncture point is believed to stimulate the body's nervous system, (the nerves near the needle and the brain) to promote the physiologic healing processes of the body which will "normalize the tissues".

Anatomic acupuncture as used at Pro Sport Rehab is not Traditional Chinese Medicine (TCM) acupuncture and should not be confused with a TCM acupuncture treatment performed by an acupuncturist. Patients interested in TCM acupuncture should consult with a licensed TCM acupuncturist.

Like any treatment, there are risks and possible complications. While complications are rare, they are real and must be considered prior to giving consent for treatment.

Complications related to TDN or Acupuncture are infrequent and do not usually require additional medical treatment. The main risks and complications associated with needling include: bruising, bleeding, hematoma, nerve injury, increased pain, nausea or fainting. Bruising is a common occurrence and should not be a concern unless you are taking a blood thinner. The needles are very small and do not have a cutting edge so significant tissue trauma is unlikely. Rare complications include; infection, convulsions, worsening of migraine headaches, asthma attacks, strokes, bent or stuck needles.

One of the more serious risks associated with needling techniques is accidental puncture of a lung (pneumothorax). If this were to occur, it may 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, however, if you feel any related symptoms, or if a pneumothorax is suspected, immediately contact your care provider, your physician, or go to an emergency room for treatment.

Other health conditions that may affect acupuncture or the use of TDN include: malignant tumors, bleeding disorders, medical emergencies or in the place of surgical intervention, patients on blood thinners, unstable blood pressure, and internal organ diseases.

Please note: I have been advised that only single use, sterile, disposable needles are to be used. All needles are properly disposed of after each and every treatment.

FEMALE PATIENTS: I fully understand that in the case of pregnancy, a risk of causing fetal distress with acupuncture or TDN treatment(s) is possible. I hereby state that I am not pregnant, nor is there any possibility that I may be pregnant.

PLEASE ANSWER THE FOLLOWING QUESTIONS;

1. Do you have any known disease or infection that can be transmitted through bodily fluids (HIV, Hepatitis, etc.?)
(YES/NO)
2. Are you currently taking any anticoagulants that may affect blood clotting? (Aspirin, Coumadin, Warfarin, etc.)?
(YES/NO)
3. Do you have any known allergies to nickel or chromium? (Signs may include irritation to certain types of jewelry)
(YES/NO)
4. Do you have any cosmetic implants?
(YES/NO)
5. Do you have a pace maker?
(YES/NO)

If you marked YES to any of the above questions, please discuss with your physical therapist prior to receiving TDN or acupuncture.

This form is a consent form and general release of liability for this procedure. By signing this form, you are agreeing to not hold Pro Sport Rehab & Fitness and its staff liable for any complications that may arise for the practice of these procedure.

I consent to and expressly and voluntarily assume the risks of my participation in this procedure. I will inform Pro Sport Rehab & Fitness and my Physical Therapist of any questions or concerns I have concerning my treatment. I understand that no guarantee or assurance has been made as to the results of the procedure and that it may not cure my condition. I certify that I am not experiencing the contraindications listed above. I hereby release, discharge and covenant not to sue Pro Sport Rehab & Fitness or their respective affiliates, subsidiaries, officers, directors, owners, agents, employees, heirs, executors, administrators successors, and assigns from and against any and all liability, suits, losses, costs, expenses or other claim of damage whatsoever, caused by or as a result of my participation in this treatment method. I have read, understand and agree to the terms of this consent. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I acknowledge that I am signing the agreement freely and voluntarily and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Patient signature

Print name

Date

Practitioner signature