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Dry Needling Consent Form

Trigger Point Dry Needling (TDN) is the placement of a small needle into the muscle at the site of a trigger point (the needle has no medication or reservoir for medication). A trigger point is a tight band of muscle fibers with increased tension and shortening of the muscle fibers. The purpose of TDN is to produce a localized twitch response or brief contraction of the muscle fibers. This contraction of the muscle results in muscular relaxation with a reduction of the symptoms of discomfort and stiffness. TDN is an effective intervention used to decrease musculoskeletal pain and increase muscle activation.

As is the case with any healthcare intervention, there are potential benefits and potential risks. In the care of skilled hands, the potential risks of TDN are minimal and the occurrence is low.

The most serious risk associated with TDN is accidental puncture of a lung (pneumothorax). If this were to occur, it may only require a chest x-ray with no further treatment because it can resolve on its own. The symptoms of a pneumothorax (pain, shortness of breath, feeling of a bubble in the chest) may last several days to weeks. A more severe lung puncture can require hospitalization and re-inflation of the lung. If you feel any related symptoms, you should immediately contact your TDN provider. If a pneumothorax is suspected, you should seek medical attention from your physician or the nearest emergency room.

Other potential risks may include the following: bruising, infection, nerve injury, fainting or a broken needle.

Please notify your provider if you have any of the following conditions which may be contraindications to TDN: bleeding disorders (hemophilia), anti-coagulant therapy (blood thinner), infection, cancer, pregnancy, uncontrolled diabetes, systemic inflammatory condition in active state, implants (breast, buttock, calf, etc), joint replacement in the treatment area, lymphedema, recent surgery, cardiac pacemaker, spinal stimulator, metal allergy, seizure disorder, Tourette's Syndrome or low immune function.

Name (Print): _____

Signature: _____ Date: _____