

COLORADO ORTHOPEDIC REHABILITATION SPECIALISTS

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Integrated Systemic Dry Needling (ISDN) aka Intramuscular Manual Therapy (IMT) aka Trigger Point Dry Needling (TDN) Consent Form

ISDN/IMT/TDN involves placing a small needle into the muscle at the trigger point, directly surrounding areas, or other areas of the body and may be combined with electrical stimulation. This treatment results in an anti-inflammatory immune reaction, decreases muscle tension, and leads to self-healing and internal balance. As the needle punctures the soft tissues, it is normal to feel a pin-prick sensation, aching, and neural sensations radiating from the area. The therapist will individualize each treatment based on the patient's comfort level and feedback. The performing therapist will not stimulate any distal or auricular points during the dry needling treatment.

ISDN/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.

Risks of the procedure:

Though unlikely, there are risks associated with this treatment. 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 physician or if necessary go to the emergency room.

Other risks may include bruising, infection and nerve injury. Please notify your provider if you have any conditions that can be transferred by blood, require blood anticoagulants or any other conditions that may have an adverse effect to needle punctures. Redness and 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.

It is common to feel very relaxed, energized, or tired after the treatment. Other reactions that are not worrisome include: pain, bruising, soreness, ache/discomfort at area other than the needle point, and mild bleeding. Possible, but rare side effects could include feeling faint/dizzy, nausea, sweating and are normal reactions that may be present due to changes in blood pressure (high or low), first experience with needling, and/or psychological factors.

Please consult with your practitioner if you have any questions regarding the treatment above.

Do you have any known disease or infection that can be transmitted through bodily Fluids? **YES**

NO

If you marked yes, please discuss with your practitioner.

Are you pregnant or is it possible that you may be pregnant? **YES** **NO**

I understand that the practitioner applying this technique has completed level one of two levels; completing 25 of the total 46 hours available and required. The practitioner will complete dry needling therapies for 6-8 months, and will then take the 24 hour advanced course to obtain over 46 hours of education, as required by the state of Colorado. I understand that this consent is recommended by the agency that trained the provider to assure safe practice of dry needling and is a requirement of the state.

Lisa Wilcox, DPT has completed 25 hours of the Integrative Systemic Dry Needling Course for Pain Management which included 4 hours of safety training.

Please print your name.

Signature

Date