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CORE Physical Therapy may use trigger point dry needling TDN in the treatment of musculoskeletal disorders. TDN is also known as intramuscular therapy (IMT). The District of Columbia requires a consent form in order to administer this procedure. After reading this consent form, please sign at the bottom of the page if you agree to this form of treatment.

IMT/TDN involves placing a small needle into the muscle at the trigger point which is typically in an area which 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. The performing therapist will not stimulate any distal or auricular points during the dry needling treatment. Physical therapists do not perform acupuncture.

IMT/TDN is a valuable treatment for musculoskeletal related pain such as soft tissue and joint pain, as well as, to treat muscle performance. Like any treatment, there are possible complications. While these complications are rare in occurrence, it is recommended that you read through the possible risks prior to giving consent to treatment. Any physical therapist at C.O.R.E. Physical Therapy who performs IMT on you has successfully completed a certification process.

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 pneumo 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. 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.

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

**Do you have any known disease(s) or infection(s) that can be transmitted through bodily fluids?**

**NO \_\_\_\_\_ YES \_\_\_\_\_ (If you marked YES, please discuss this with your practitioner.)**

**I was offered a copy of this consent and refused.**

\_\_\_\_\_  
Please PRINT your name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date