

**Trigger Point Dry Needling (Intramuscular Manual Therapy)
Consent Form For Diamond Peak Physical Therapy**

Trigger point dry needling (TDN) involves placing a small needle into the muscle at a trigger point in order to cause the muscle to contract and then release. This improves the flexibility of the muscle and therefore decreasing the symptoms. TDN is not intended to stimulate any distal acupuncture points.

TDN is a valuable treatment for musculoskeletal pain. Like any treatment there are possible complications. While these complications are rare in occurrence, they are real and must be considered prior to giving consent to treatment.

Rodrigo Gil Moreno de Mora, PT, DPT, MA has his Doctoral Degree in Physical Therapy and has practiced since 1996. He completed the Level I and advanced Level II Dry Needling courses. Rodrigo has 46 hours of training face-to-face with the instructor as required by the Colorado Department of Regulatory Agencies (DORA) and is qualified to perform TDN. Rodrigo is one of the first PT's in Colorado to take TDN training in 2007 and it is an integral part of the rehabilitation approach at DPPT.

Risks of the procedure:

The most serious risk associated with TDN is accidental puncture of a lung (pneumothorax). If there were to occur, it may likely only 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 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.

Other risks may include excessive bleeding (causing a bruise), infection and nerve injury. 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 TDN is unlikely. The needles are sterile and clean precautions are used.

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

I have read or been read and understand the above information and hereby give consent for Trigger Point Dry Needling procedures to be performed on me by Rodrigo Gil Moreno de Mora, PT, DPT, MA. This consent may be revoked at any time verbally or in writing.

Are you taking any blood thinners, such as Coumadin? Yes _____ No _____
 Do you take Aspirin regularly? How much? Yes _____ No _____
 Have you had any cosmetic surgeries? Yes _____ No _____

Please print your name

Signature

Date