

What to expect after receiving Trigger Point Dry Needling (TDN)

****Please note – Your physical therapist will discuss if you are a candidate for the TDN therapy. Signing this release does not mean you will receive this treatment.****

How will I feel after a session of TDN?

- You may feel sore immediately after treatment in the area of the body where you were treated. This is normal but does not always occur. It can also take a few hours or the next day before you feel soreness. The soreness may vary depending on the area of the body that was treated. It also varies person to person, but typically feels like you had an intense workout at the gym. Soreness typically lasts 24-48 hours.
- It is common to have bruising after treatment; some areas are more likely than others. Some common areas are shoulders, base of the neck, arms and legs. Large bruising rarely occurs, but can. If you feel concerned please call your provider.
- It is common to feel tired, nauseous, emotional, giggly or “loopy”, and/or somewhat “out of it” after treatment. This is a normal response that can last up to an hour or two after treatment.
- There are times when treatment may actually make your symptoms worse. *This is normal.* If this continues past the 24 hour – 48 hour window, keep note of it, as this is helpful information and your provider will then adjust your treatment plan based on your report if needed. This does not mean TDN cannot help your condition.

What should I do after treatment, what can I do, and what should I avoid?

- It is highly recommended that you increase your water intake for the next 24 hours after treatment to help avoid soreness.
- It is recommended that you soak in a hot bath or hot tub to help avoid post treatment soreness.
- After treatment you may do the following based on your comfort level. If these suggestions hurt or exacerbates your symptoms then stop.
 - Work out lightly/stretch
 - Lightly massage the area
 - Use a heating pad
 - Avoid ice unless you are icing a bruise. Heat is always better for muscle soreness.
 - Take Tylenol, Ibuprofen/Motrin or anti-inflammatory medications suggested by your physician.

If you are feeling light headed, having difficulty breathing, having chest pain or any other concerning symptoms after treatment, please call our office immediately. If you are unable to get in touch with us, call your physician.

Trigger Point Dry Needling (TDN) Consent Form

Trigger Point Dry Needling involves placing a small needle into the muscle at the trigger point in order to cause the muscle to contract and then release; improving the flexibility of the muscle and therefore decreasing the symptoms. The performing therapist (Nancy) will not stimulate any distal or auricular points during the dry needling treatment.

TDN is a valuable treatment for musculoskeletal pain and to improve muscular performance. Like any treatment there are possible complications. While these complications are rare in occurrence, they must be considered 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 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. If you feel any related symptoms, immediately contacts your 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. 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.

Your TDN Specialist will explain to you the details of this modality. It is very important to us for you to feel comfortable and confident with this very effective modality. Please do not hesitate to ask any questions or voice your concerns.

Do you have any know disease or infection that can be treated through bodily fluids? **YES NO** If you marked yes, please discuss with your practitioner.

Please print your name

Signature

Date