



## Client Information and Consent to Treat

(\*Please sign this top portion prior to your initial visit)

As a client of MEND you will be asked to perform specific activities in order to allow the Physical Therapist (PT) to evaluate your physical condition and implement a treatment program for you to carry out under the direct supervision of the PT. These activities include assessing and exercising through joint range of motion, muscular strength and flexibility, and overall conditioning for all body parts deemed necessary by your PT. Interventions used by your PT to treat pain and dysfunction may include manual therapy (hands- on treatment such as joint or soft tissue mobilization), exercise, trigger point dry needling, traction and modalities such as heat/ice or electrical stimulation. Physical therapy is considered conservative treatment for musculoskeletal pain and dysfunction and the likelihood of serious adverse events is extremely low.

There are certain risks involved in physical therapy evaluation and treatment. These risks include soreness, aggravation of existing condition, skin irritation and cardiovascular complications such as rapid heart rate or shortness of breath. The most severe risks are associated with cardiovascular exercise and include cerebral vascular accidents and cardiac arrest. Please ensure that you speak to your PT regarding your past medical history and complete the medical screening information accurately.

I have read and understand the above information and am willing to participate in physical therapy evaluation and treatment.

Signature: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Trigger Point Dry Needling

(\*You may complete this portion of the consent form prior to your initial visit **OR** after you discuss trigger point dry needling in detail with your PT in the case that you would like this treatment as part of your physical therapy plan of care)

All physical therapists at Mend have satisfied the requirements outlined by the State of Colorado to utilize trigger point dry needling (TDN) to treat pain and dysfunction related to muscle trigger points (hypersensitive, tight areas in muscles). Common side effects associated with TDN include muscle soreness and mild bleeding or bruising. Rare complications include infection and pneumothorax (puncture of the lung). Please seek medical attention promptly and notify your PT if you note shortness of breath following TDN.

I have been informed by my Physical Therapist of the nature, risks, alternative treatments and possible consequences and complications involved with trigger point dry needling and wish to have this treatment as an option in my care.

Signature: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_