

Consent form for Chiropractic (DC) treatment

Chiropractic treatment is not intended to substitute for diagnosis or treatment by medical doctors (MD/DO) or to be used as an alternative to necessary medical care. It is expected that you are under the care of a primary care physician (PCP) or medical specialist, if you are pregnant that you are being managed by an appropriate healthcare professional, and that patients seeking adjunctive cancer support are under the care of an oncologist.

The nature of chiropractic treatment: a board certified, licensed Chiropractic doctor uses their hands/arms to move (manipulate/adjust) the bones in your body at the neck, spine/back, pelvis, arms, and legs into alignment. You may feel and/or hear a "click/pop" noise, as when people crack their knuckles, and you may feel some movement at the joint that might feel stiff, sore, or ache. The manipulation can feel relieving, achy, sore, tight, or even painful depending how long the joint has been mis-aligned and the circumstances and nature of the injury. Other modalities, such as hot or cold packs, electric muscle stimulation, therapeutic ultrasound, or hydrotherapy may also be used during your treatment.

Possible Risks: Chiropractic education in anatomy, physiology, pathology, combined with extensive clinical training, does its best to minimize risks for all patients under care. As with any health care procedure, however, complications are always possible. Following a chiropractic manipulation, one can experience muscular strains, ligamentous sprains, and on rare occasions, dislocations of joints, intervertebral disc injury, fractured bones, or even rarer still, nerve and spinal cord injury. Cerebrovascular accident (CVA) or stroke could occur upon severe injury to arteries of the upper neck. Chiropractors are well trained to be aware of potential complications for the vast majority of patients. Most patients will notice some stiffness or soreness after the manipulation which is usually relieved in about 24-48 hours. Other modalities used during your treatment can produce skin irritation, burns, or other minor complications for the client.

Probability of risks occurring: the risks of complications due to chiropractic treatment have been described as "rare", about as often as complications seen from taking a single aspirin tablet. Stroke and/or arterial dissection caused by chiropractic manipulation of the neck has been the subject of ongoing medical research and debate. The most current research on the topic is inconclusive and if there is a causal relationship, it is considered extremely rare and remote. It can be even further reduced by the use of soft tissue techniques such as massage and craniosacral therapy prior to the work and gentle, soft manipulations and (HVLA) thrusts to move the bones. The probability of adverse reaction due to modalities (heat, ice, E-stim, and UltraSound) is also considered "rare" as well.

Other treatment options which could be considered may include the following:

- *Over-the-counter analgesics:* the risks of these medications include irritation to stomach, liver and kidneys, and other side effects.
- *Medical care:* typically anti-inflammatory drugs, tranquilizers, and analgesics. Risks of these drugs include a multitude of undesirable side effects and patient dependence.
- *Hospitalization:* in conjunction with medical care, can add risk of exposure to virulent communicable diseases.

- *Surgery*: in conjunction with medical care, can add risk of adverse reaction to anesthesia, as well as surgical complications and extended convalescent periods.

I have read the explanation above for chiropractic treatment. I have had the opportunity to ask any questions in regard to chiropractic answered to my satisfaction. I have evaluated the risks and benefits of undergoing chiropractic treatment, and have decided to undergo the recommended treatment. I hereby give my full consent for treatment.

Printed Name, Signature, Date

WITNESS:

Printed Name, Signature, Date