

Informed Consent/Consent to Treat Form

To the patient: Please read this entire document prior to signing it. It is important that you understand the information contained in it. Do not hesitate to ask questions that may arise before signing it if anything is unclear.

The nature of the chiropractic adjustment.

The primary treatment used by a doctor of chiropractic is manipulative therapy. This procedure will be used to treat you. The doctor may use his/her hands or a mechanical instrument upon your body in such a way as to move your joints. Sometimes this results in an audible "pop" or "click," similar to when one cracks their knuckles. You may also feel a sense of movement. However, this is not always heard or felt and is not necessary for a successful chiropractic adjustment.

Analysis / Examination / Treatment

As a part of the analysis, examination, and treatment, you are consenting to the following procedures:

- Manipulative therapy
- Range of motion testing
- Muscle strength testing
- Neurological testing
- Ultrasound
- EMS
- Palpation
- Orthopedic testing
- Postural and gait analysis
- Hot/cold therapy
- Vital sign testing
- Rehab and strengthening exercises
- Traction
- Soft tissue mobilization
- Nutritional supplementation
- Taping methods
- Manual muscle therapy and stretching
- Radiographic studies

The material risks inherent in chiropractic treatment.

As with any healthcare procedure, there are certain complications that may arise during chiropractic manipulation and therapy. The most common side effect of manipulation is short-term muscle soreness and joint stiffness. Other complications include but are not limited to: fractures, disc injuries, dislocations, muscle strain, ligament sprain, myelopathy, costovertebral strains and separations, and skin burns. Some types of manipulation of the neck have been associated with injuries to the arteries in the neck leading to or contributing to serious complications including stroke. I will make every reasonable effort during the examination to screen for contraindications to care; however, if you have a condition that would otherwise not come to my attention, it is your responsibility to inform me.

The probability of those risks occurring.

Fractures are rare occurrences and generally result from some underlying weakness of bone, which I check for during the taking of your history and examination. Stroke has been the subject of tremendous disagreement. The incidences of stroke are

exceedingly rare and are estimated to occur between one in one million and one in five million cervical adjustments. The other complications are also generally described as rare.

The availability and nature of other treatment options.

Other treatment options for your condition may include:

- Self-administered, over-the-counter analgesics
- Medical care and prescription drugs such as muscle relaxers, pain killers and drugs to reduce inflammation
- Surgery
- Remaining untreated

If you decide to pursue other treatment options, you should discuss the risks and benefits with your medical physician. Remaining untreated carries its own risks and may allow the formation of adhesions, scar tissue, and reduced mobility. Over time this process may complicate treatment making it more difficult and less effective the longer it is postponed.