

Informed Consent to Chiropractic Treatment

The nature of Chiropractic treatment: The doctor will use his/her hands or a mechanical device to move your joints. You may feel a “click” or “pop”, such as the noise when a knuckle is “cracked”, and you may feel movement of the joint. Various ancillary procedures, such as cold packs, electrical muscle stimulation, therapeutic ultrasound, flexion/distraction or therapeutic exercises may also be used.

Possible risks: As with any health care procedure, complications are possible following a chiropractic adjustment. Complications could include fractures of bone, muscular strain, ligamentous strain, dislocations of joints, or injury to intervertebral discs, nerves or spinal cord. Cerebrovascular injury or stroke could occur upon severe injury to arteries of the neck. A minority of patients may notice stiffness or soreness after the first few days of treatment. The ancillary procedures could produce skin irritation, burns or minor complications.

Probability of risks occurring: The risks of complications due to chiropractic treatment have been described as “rare”, about as often as the complications that are seen from the taking of a single aspirin tablet. The risk of cerebrovascular injury, or stroke, has been estimated from at one in one million to one in twenty million, and can even further be reduced by screening procedures. The probability of adverse reaction due to ancillary procedures is also considered “rare”.

Other treatment options (besides chiropractic) which could be considered may include the following:

- *Over-the-counter analgesics:* The risks of these medications include: irritation to the stomach, liver and kidneys as well as other side effects in a number of cases.
- *Medical care:* Typically, anti-inflammatory drugs, tranquilizers and analgesics are utilized. Risks of these drugs include a multitude of undesirable side effects and patient dependence in a significant number of cases.
- *Hospitalization:* In conjunction with medical care adds risk of exposure to virulent communicable disease in a significant number of cases.
- *Surgery:* In conjunction with medical care adds to the risks of adverse reaction to anesthesia, hospital acquired infections, as well as an extended convalescent period in a significant number of cases.

Risks of remaining untreated: Delay of treatment allows formation of adhesions, scar tissue, and other degenerative changes. These changes can further reduce skeletal mobility, and induce chronic pain cycles. It is quite predictable that delay of treatment will complicate the condition and make future rehabilitation more difficult.

Unusual risks: Unusual risks are many times case specific and will be explained in detail if they occur.

I have read the explanation above of chiropractic treatment. I have had the opportunity to have any questions answered to my satisfaction. I have fully evaluated the risks and benefits of undergoing treatment. By signing below, I have freely decided to undergo the recommended treatment and hereby give my full consent to treatment.

PATIENT SIGNATURE _____ DATE _____ H