

# HEALTH & WELLNESS CLINIC

CHIROPRACTIC



WELLNESS

## Informed Consent

Every type of health care is associated with some risk of a potential problem. This includes chiropractic health care. We want you to be informed about potential problems associated with chiropractic health care before consenting to treatment.

Chiropractic adjustments are the moving of bones with the doctor's hands or with the use of a machine. Frequently adjustments create a "pop" or "click" sound/sensation in the area being treated.

In this office we use trained staff personnel to assist the doctor with portions of your consultation, examination, x-ray taking, physical therapy application, traction, massage therapy, exercise instruction, etc... Occasionally when your doctor is unavailable another clinic doctor will treat you on that day.

Stroke: stroke is the most serious problem associated with chiropractic adjustments. The most recent studies (Journal of the CCA, Vol. 35 No. 3 June 1993) estimate that the incident of this type of stroke is 1 per every 3,000,000 upper neck adjustments. This means that an average chiropractor would have to be in practice for hundreds of years before they would statistically be associated with a single patient stroke.

Disc Herniation: Disc herniations that create pressure on the spinal nerve or on the spinal cord are frequently successfully treated by chiropractors and chiropractic adjustments, traction, etc... Yet, occasionally chiropractic treatment will aggravate the problem. Rarely chiropractic adjustments may also cause a disc problem if the disc is in a weakened condition. These problems occur so rarely that there are no available statistics to quantify their probability.

Soft Tissue Injury: Soft tissues primarily refer to muscles and ligaments. Muscles move bones and ligaments limit joint movement. Rarely a chiropractic adjustment, traction, massage therapy, etc., may tear some muscle or ligament fibers. The result is a temporary increase in pain and necessary treatments for resolution, there are no long term affects for the patient. These problems occur so rarely that there are no available statistics to quantify probability.

Rib Fractures: Rarely a chiropractic adjustment will crack a rib bone, and this is referred to as a fracture. This occurs on patients that have weakened bones from such things as osteoporosis. Osteoporosis can be noted on your x-rays. We adjust all patients very carefully and especially those who have osteoporosis on their x-rays. These problems occur so rarely that there are no available statistics to quantify their probability.

Physical Therapy Burns: Some of the machines we use generate heat. We also use both heat and ice, and recommend them for home care on occasion. Everyone's skin has different sensitivity to these modalities, and rarely, either heat or ice can burn or irritate the skin. The result is temporary increase in skin pain and there may even be some blistering of the skin. These problems occur so rarely that there are no available statistics to quantify their probability.

Soreness: It is common for chiropractic adjustments, traction, massage therapy, exercise, etc. to result in temporary increase in soreness in the region being treated. This is nearly always a temporary symptom that occurs while your body is undergoing therapeutic change. It is not dangerous, but please do tell your doctor about it.

X-Rays: I understand the clinical necessity of having X-rays taken at this time and grant permission for this procedure. In doing so, I release the doctor/clinic from responsibility for potential damage (pregnancy and non-pregnancy radiation exposure) arising from this procedure. At the present time, I am pregnant. \_\_\_\_ / I am not pregnant\_\_ (Female patients initial).

Other Problems: There may be other problems or complications that might arise from chiropractic treatment other than those noted above. These other problems or complications occur so rarely that it is not possible to anticipate and/or explain them all in advance of treatment.

Nasal Specific: The nasal specific technique, which is the moving of bones and tissues of the nasal passages with the help of a small balloon (finger cot), has been used safely for at least three decades and has helped thousands of patients to breathe more efficiently through their nasal passage. This technique should not be done if you have an active infection or if you have a history of frequent and/or severe nose bleeds.

Chiropractic is a system of health care delivery, and , therefore, as with any health care delivery system we cannot promise a cure for any symptom, disease, or condition as a result of treatment in this clinic. We will always give you our best care, and if results are not acceptable, we will refer you to another provider who we feel will assist your situation.

If you have any questions on the above, please ask your doctor or the office manager. When you have a full understanding, please sign and date below.

\_\_\_\_\_  
Patient name printed

\_\_\_\_\_  
Today's date

\_\_\_\_\_  
Patients or Guardian Signature

\_\_\_\_\_  
HWC Employee Witness